Chichester Herald

Friday 19th April 2013
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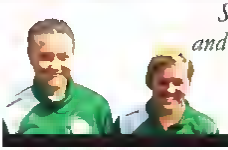

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Duchess passes away

» *Arundel Castle set for day of mourning*

Susanna Reid
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

ARUNDEL castle will close today (Fri 19) to host a royal funeral

The grand castle will close its doors to the public on as it hosts the private funeral of the Duchess of Norfolk, who passed away peacefully at her home on last Monday, aged 85

A keen supporter of charity, Duchess Anne was essentially a shy woman who had begun her adult life as an Army wife. She hated the conspicuousness that attended her rank as a duchess, but resolved to use her position to do some good in the world with charity work.

She was president and founder of Help The Hospices – a charity that focuses on supporting hospices and its workers throughout the UK. She was awarded a CBE for her work in 1992

She also spent time campaigning with her late husband and the 17th Duke of Norfolk, Miles Fitzalan Howard, for Age UK and was made honorary joint treasurer of the charity in 1987

An enthusiastic amateur painter who favoured striking colours, the Duchess produced landscapes in acrylic of the Caribbean, which she and her husband visited every February. To raise funds for Help for Hospices, she created annual Nativity or snow scenes which she sold as Christmas cards, she also sold around 800 paintings in aid of the charity

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Arundel Duchess of Norfolk who has died aged 85 was a leading go[illegible]

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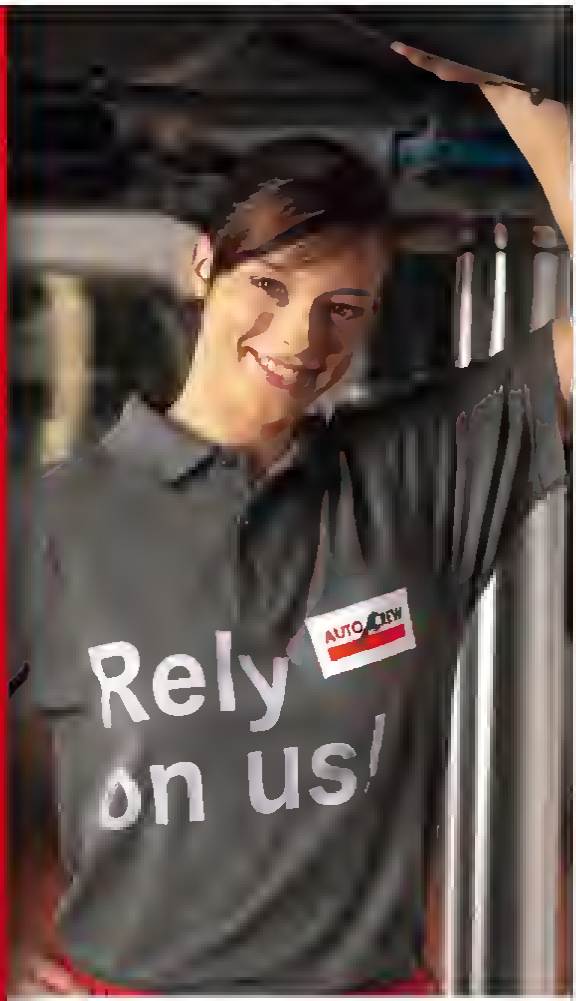

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Success for The Novium with two national awards

THE NOVIUM has been awarded two national prestigious architectural prizes at the Civic Trust Awards 2013

The coveted awards attract entries from across the world and recognise the very best in architectural design and the significant impact this has on the local community and environment.

More than 260 entries were submitted this year however The Novium stood out from the crowd and was amongst only 32 prize-winners to be presented with an award at a glittering ceremony in Cardiff recently

The Novium also won the Michael Middleton Special Award with the Civic Trust Awards panel choosing it as an exemplar project of a new build within a conservation area

The museum has also been shortlisted for a RIBA (Royal Institute of British Architects) South East Award. Regional winners will then be considered for a prestigious RIBA National Award in recognition of their architectural excellence

The Novium was designed by leading architects Keith Williams Architects It was opened in July 2012.

Councillor Eileen Lintill, Cabinet Member for Wellbeing, Leisure and Community Services at Chichester District Council, says "This is tremendous news and we are very proud that The Novium is getting international recognition for its amazing architecture, inspirational learning environments and the major impact it is having on our local community They were up against some of the world's finest buildings and this is a truly magnificent achievement."

Councillor Eileen Lintill, Cabinet Member for Wellbeing, Leisure and Community Services at Chichester District Council, and Novium Manager Jacqueline Cable-Hunter with the bronze Civic Trust Award trophy

Tracey Clark, The Novium Manager, says "We were particularly honoured for The Novium to receive The Michael Middleton Special Award which recognises excellence for a restoration project or new build within a conservation area. We are very proud of our new museum and we are delighted that it is being recognised in this way."

The museum will now be displaying two bronze plaques in recognition of the awards

The Civic Trust Awards are the longest standing built environment award schemes in Europe, established in 1959 The scheme aims to recognise excellence in the built environment and award the best in architecture, design, planning, landscape and public art projects which have a positive cultural, economic or social impact on the local community

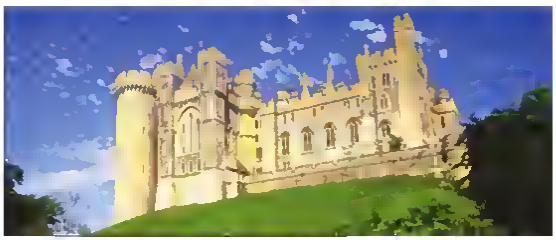
The Novium tells the story of the Chichester District over the past 500,000 years The centrepiece of the museum, are the remains of Chichester's Roman bath house This has been uncovered for the public to see for the first time and dominates the ground floor of the museum Since the baths were first excavated in the 1970s they have lain preserved under a car park, until the museum could be purposely built over the top

Keith Williams will be talking about the inspiration for the building at a talk entitled The Novium A Building to Wednesday 8 May at 6.30pm at The Novium. Pre booking is required. For information please call 01243 775888

The Novium in Tower Street in Chichester, is open

- Summer- Monday to Saturday 10am- 5pm, Sunday 10am 4pm, and
- Winter Tuesday to Saturday 10am to 5pm, Sunday 10am-4pm.

Admission fee applies Access to Chichester Tourist Information Centre is free



Continued from page 1

Her garden was an abiding passion, she had a particular predilection for orange flowers, and if a rose of that colour became available, she would be among the first to plant it In 1977, to celebrate the Queen's Silver Jubilee, she arranged an Interesting Festival of Flowers and Music at Westminster Cathedral.

Her husband died in 2002. They had two sons — Edward, now the 18th Duke of Norfolk who lives at Arundel Castle with his family, and Gerald — and three daughters Tessa, who is married to the 5th Earl of Balfour, Marcia (the actress Marsha Fitzalan), and Carina, wife of the television personality Sir David Frost.

A public requiem mass will be held at Arundel Cathedral at noon on Friday next week followed by a private service at the Fitzalan Chapel within the castle

As a mark of respect, Arundel Castle will be closed to the public on today (Apr 19) and will reopen to the public on Saturday, April 20.

Let us know what you think
@chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

In 1846 Chichester was connected to Brighton by railway and in 1847 it was connected to Portsmouth. In 1881 a branch line to Midhurst opened. The [illegible] 18[illegible] light railway to Selsey opened

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Tweets of the Week!

All tweets are from Chichester people or about the area.
(Some tweets may contain errors)

@tompeterodell11 Apr
"CHICHESTER its been way too long. I m coming back to do a show a very special show a homecoming wanna come??"

@GardnerAntiques7m
"I have put my shorts & sun cream back in the cupboard will the hot weather ever arrive? Still pleasant in Chichester though, pop in!"

@Grantydude11m
"Just entered the Chichester triathlon on the 19th of May! Bring it on! #Triathlon"

@JaneRusbridge2h
"#Chichester area writers and readers Tickets are now available for the new @FestOfChi http //www chichestertickets co uk/ Fantastic range of events)"

@ChichesterDC2h
"The #LocalPlan is not just about planning - it's about our future It supports community facilities Have your say"

Follow us: @chiherald

Don't anyone tell me they don't work on their walk

Tommy Boyd

PRESSURE COOKERS
I thought they'd been phased out. Who makes them nowadays and who buys them to cook with?

TERRORISM
The most valuable defeat I've suffered in the noble art of arguing was 10 years ago. I was "debating" with my wife about terrorism. Me, "Terrorism never works because the relatives of the victims become terrorists to get revenge." Jayne "I didn't did I?" And so she didn't. Her dad was a victim of a terror attack, and she has found a place for it that is better than retribution. Her strength in this had become such a part of our normal life that in the heat of trying to make a point I'd forgotten. And there are men who still think women are the weaker sex. Ha!

PS
They enjoy the friendship of arguing too as the late and semi-lamented Baroness proves.

ARGUING
I shared a desk with Carol Thatcher years ago in Fleet St. The first time I met her she asked my advice about something and when I gave it she wanted to argue about it. Chip off the old blocksism?

MAN WALK
I've changed my walk this week, to Brad Pitt.

I used to do John Wayne for laughs and then for many years did Laurence Olivier the way he walked as Heathcliffe. He had a great stride. Then Joey Tribbiani (Friends) now Brad Pitt. He does a slight side to-side head thing...since you ask. Please don't anyone tell me they don't work on their walk.

EXPERIMENT
In my student days I set up a video camera in a dark shop window to chart people as they walked past. Every person who noticed they could see their reflection changed their gait measurably and walked in a cool way. Yep.

TOP THIRTY
Listened to the BBC Top Thirty go out last Sunday wanted to see how they handled the "Ding Dong" thing. That was ok, what was gross was the banality of the other 29 chart songs.

BUYING MUSIC
Downloading songs is nothing like as spectacular as striding into the record shop on a Saturday morning with enough saved up pocket money to buy a vinyl 45. Will today's kids fifty years from now be asking each in their retirement home "What was the first song you downloaded?" I bet you remember the first record you bought almost an fondly as your first kiss. Me my first 45 was Telstar by the Tornados. Mind I had buyer's remorse and over-reacted quickly buying a lousy single by novelty band The Baron Knights.

SATURDAY
They're doing a Table Top Sale 12 4 00pm at Donnington Hall. Cis emailed me. You can book a table by calling Cis on 784532.

JOKE
A crab asks a lobster to marry him. She says her dad will say no as he is opposed to people who walk sideways. The crab arranges to come round and meet her dad. The doorbell rings and it's the crab. He comes in walking absolutely straight. She whispers "How are you doing this?" He hisses "Shuttup! I'm hammered!"

Let us know what you think @chiherald

CONTACT TOMMY AT: TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Chichester Herald is a free weekly newspaper available for self selected pick up every Friday across Chichester and the surrounding areas in a wide variety of locations with a weekly readership of up to **75,000**

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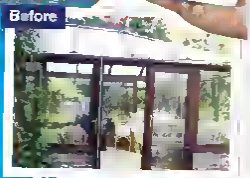

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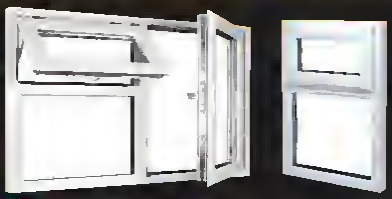

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Man faces trial over 2010 Boxing Day murder near Chichester

A MAN has appeared at Lewes Crown Court to be tried for the murder of fellow-Romanian, 45 year old Tasin Sugaip

Gheorghe Sodea, 55, has pleaded not guilty

Sugaip, who comes from Tulcea in Romania, was found stabbed to death in a plant nursery area off Almodington Lane, between Chichester and Fracklesham, when police were called to the location at 12.20pm on Boxing Day, Sunday 26 December 2010

Sodea, who also comes from Romania and was living in a mobile home at the location, was arrested there soon afterwards

A post mortem found that Sugaip who had been staying at an address in Selsey High Street since his arrival from Romania earlier in December 2010 had died from multiple stab wounds to the chest.

Self-publishers help amateur authors with the write stuff

BUDDING writers in Chichester are being offered advice on getting their work published at the town's library this month

The event, on Tuesday April 30, will be led by experts from book company Independepress – which helps amateur authors into print.

The talk, which starts at 7.30pm, will also look at the future of publishing, before finishing with a question and answer session.

Tickets for the evening event cost £3 each and are available at Chichester Library

To find out more contact the branch on 01243 777 351 or visit Tower Street, PO19 1QJ

Alternatively go to chichester.library@westsussex.gov.uk

Police seek to identify jewellery seized from Chichester shop

POLICE are seeking to identify a large quantity of jewellery, clocks, silverware and similar items, seized from a shop in Chichester

On Saturday morning, 6 April, officers from the Chichester Neighbourhood Policing Team executed a search warrant at Ebonys Jewellers in South Street, Chichester looking for suspected stolen property. Most of the stock of the shop was seized during Saturday and Sunday, and is being examined in order to establish where it has come from. No arrests have been made at this stage.

As part of the investigation police have now set up a special website with photos of all the items on display.

To view the items, Click on - http://property.sussex-police.co.uk/recovered-items/emerald

There are more than 1000 items, with an estimated potential total value of between a quarter of a million and half a million pounds.

Sergeant Jason Vickers said: "We like to reunite owners with their property wherever possible and are inviting anyone who has been burgled in Central and West Sussex, East Hampshire or South West Surrey in the past 12 months to log on and have a look. If you think some of it may belong to you, please call us at Sussex Police via 101 quoting Operation Emerald or Serial 0439 of 5/4."

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Woman's nose bitten off at Butlins

A WOMAN has been arrested of causing grievous bodily harm after an alleged assault at the Butlins holiday park in Bognor Regis which left another female guest with head and facial injuries.

Shortly after 6.30pm on Thursday police were called to the resort after a report that a 47-year-old woman from Aylesbury who had been staying at the park had been assaulted.

The alleged attack - which resulted in the victim having a piece of her nose bitten off - happened in the holiday park's theatre area where a performance of Jack in the Beanstalk was being staged.

The woman was treated for her injuries at St Richard's Hospital, Chichester.

The alleged offender from Dartford was arrested on suspicion of causing grievous bodily harm and has been bailed until 16 June while enquiries continue.

Detective Sergeant Mark Townsend said: "We are appealing for any witnesses to the incident to contact us via 101 quoting serial 1257 of 11/4.

"You can also call independent charity Crimestoppers anonymously on 0800 555 111.

Giving young people a helping hand into work

A NEW scheme has been launched to give young people a helping hand into work.

Choose Work offers job seekers aged 18-24 the chance to take up a two to eight week voluntary placement. This placement will to provide them with vital skills and experience needed to get ahead in the job market.

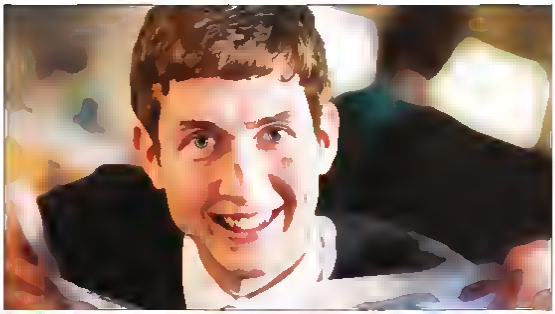
Job seekers can continue to receive job seekers allowance while taking part in the scheme.

Job Centre Plus staff will recommend positions to job seekers based on the roles they are interested in. This means the placements will always be relevant to the young person.

Steve Hill, Work Experience Coordinator at Chichester District Council, says: "This is a great opportunity for people to gain some valuable, hands-on work experience and learn new skills to help them into work. Choose Work is open to anybody, whatever your educational background. The scheme benefits both employers, by providing enthusiastic workers, and the young people by giving them a helping hand in to the work environment."

The initiative, set up by Chichester in Partnership as part of its 'Get People into Work' strategy, was awarded funding after a successful bid for money from the Department of Work and Pensions.

The council is currently building relationships with local businesses to deliver placements, which in the future could include apprenticeships or other training schemes.



Matt Hoskins, 24, a business and management graduate from West Wittering, is coming to the end of a placement with Chichester District Council's PR team. He says the placement has increased his motivation and made him aware of other career options.

Matt Hoskins, 24, a business and management graduate from West Wittering, is coming to the end of a placement with Chichester District Council's PR team. He says: "Being back in a working environment I feel a lot more motivated and I've been using my spare time a lot more productively. It's also helped to make me aware of other career options that may be available to me."

Councillor Myles Cullen, Cabinet Member for Economy, Tourism and Car Parks, says: "We are determined to do everything we can to help improve job opportunities for our young residents. These work placements will help them gain the experience they need to build a strong CV with references and in turn secure a job. I would call on all local businesses to get involved and offer young people the chance to show what they have to offer."

Job seekers are encouraged to proactively contact companies they have an interest in working for to arrange a placement.

Employers interested in offering work experience placements can contact Steve Hill, Work Experience Coordinator at Chichester District Council by email stehill@chichester.gov.uk or call 01243 534669 or 07711 017355.

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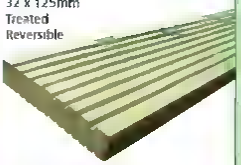

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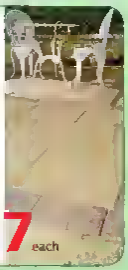

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LOL! (That's 'Lots of Legs')

Chloe's New Legs

[illegible] week's walk Chloe Humphreys will [illegible] say that people m stook her for a doll [illegible] 18 months Chloe was diagnosed with [illegible] cerebral palsy, with spastic diplegia. Chloe and her family are focussed on raising £36,000 to pay for a major life-changing operation, that sadly is not funded on the NHS in West Sussex.

Hi, Chloe here!
It's going to be a fun packed day at Spirit Towers this Sunday Happy Birthday Spirit FM! Can you believe that they've been broadcasting for us long me I've been alive? And thanks to Spirit and the AMAZING support of local businesses Lots for Legs will help raise money for my operation There are so me incredible items and experiences we offer – get bidding! But you will have to be sharp to beat Sally Austin (Spirit's MD) to Robbie Williams signed 'Take the World ort work'! Here's the list of lots

Lap it up with Derek Bell MBE
Motor racing star Derek Bell will give you the ride of your life around Goodwood Motor Circuit!

Free Parking for a YEAR!
A 12-mone th roving season ticket for parking in Chichester

Baking Bonanza
The dedication space in Bake Yourself Happy (published by Summersdale in July) Includes a dozen cupcakes from Bedazzle My Cake

Baby, You Can Drive My (Big) Car
A Caterhameloods 4x4 Experience for the off-road 4x4 accompanied by a Land Rover trained driver, plus Landrover merchandise

VIP Theatre package
2 x premium tickets to Mamma Mia! (West End) plus cast meet & greet Also 2 tickets to Ghost the Musical (Southampton)

The Saturdays
Framed and signed photograph

Freedom Motorcycle Training
Learn to ride on a 4 day course Vroom vroom!

Robbie Williams
Framed and signed artwork of Robbie Williams e 'Take the Crown' album

Chocolate Heaven
Chocolate fountain hire for 100 people with Final Touch of East Preston Includes accessories and uniformed operator

Mithril Racing
A GT Classics driving experience with Mithril Racing at Goodwood

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- Walking alpacas for 2 - Dunreyth Alpacas
- Annual family day pass - Butlins Bognor Regis
- Family ticket - SEA LIFE Brighton
- Family ticket - Marwell Zoo
- Family day pass - Thorpe Park
- Fish & Chips for 10 - LA Fish, Chichester

Holding on for a Hero
2 places at Spirit FM's Local Hero Awards – the most glamorous night of the year!

You can leave your hat on
A place on a make-your-own Goodwood Revival hat workshop with the Textile Space (Thursday 4th July 2013), plus 2 tickets to The Revival

Pit Stop Sensation
A VIP day for 2 with F2 driver Dean Stoneman, including hospitality, tour, photos with Dean and his Porsche GT3 Cup race car and tickets for the race

Old to Skid
Skid pan session for 6 people with Skid Control, Goodwood motor circuit

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Dinner for 4 cooked by a professional chef in your own home, with ingredients and drinks provided by Morrisons of Littlehampton

Number One at The Ship, Chichester
An overnight stay for 2 at the Ship Hotel's exclusive cottage suite, including dinner

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BID NOW at www.spiritfm.net/chloe-new-legs-auction

Tune in on SUNDAY as we finalise the bidding LIVE ON AIR!

Fundraising events
- Grand Garage Opening – 10am – 2pm Saturday 20th April, at Gravel Lane Garage, Unit 2 Spur Road, Chichester Chloe will be cutting the ribbon! Give-aways, a BBQ, raffle and special offers
- Get Gorgeous For Chloe – 10am – 2pm Sunday 21st April At Style Studio, 1, Springfield Close, Lavant with Image Consultant Brad Simpson To return for a donation to Chloe's fund Brad will be giving FREE mini colour analysis For more info visit www.bodystyleuk.com

For more info on events visit www.spiritfm.net/chloe-new-legs-events or www.chloesnewlegs.org.uk/events

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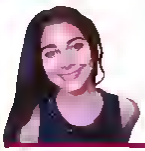
Tumblr will never take me



Mia Edwards

MY friends have been trying to blackmail me into getting Tumblr for months. There are many reasons why that will never happen. When they spend time on it with me watching over their shoulder it only takes a few seconds for me to feel depressed about life. For starters there are all of these excellent pictures of boys doing things like playing with a dog with a caption like 'Boys Who Play with Animals'. Boys who play with animals are just boys who happen to like playing with animals. In fact just to clarify, Boys with Blue Eyes, Boys who Wear Jeans and Boys who Play with Children (my personal favourite) are not boys. Most boys will come under one or more of these categories and I can promise you that they really aren't that great.

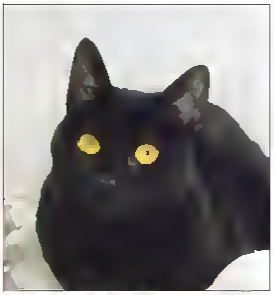
But that I can deal with. As my friends protest, pictures like these are made fun of even by the Tumblr freaks. There is more though. It's sort of like people create their own personas on there and become the characters that they'd love to be, and not necessarily the ones that they are. It's literally a haven of people posting about self harm and suicide. Don't get me wrong, it's great to be able to spill it all out, and as my friend says, it's only a few people on there that abuse these issues into methods of getting more attention. But because of Tumblr it's so easy to do. Why be more down than you already are for the sake of a blog? Life is full of things like moths and winter which can do that for you.

I have saved the worst and creepiest till last; fan fiction. STOP writing fan fic. It's SO weird - people who are obsessed with a cartoon topic will write about it endlessly. I've seen so many about Harry Potter threesomes and people getting it on with Ron and Hermione's children. It's ridiculous. It drives me out of fantasy subjects though, actors, writers and youtubers – as in, real people – are used as characters and put in twisted situations. Then thousands of users have access to your crazed and obsessive thoughts. Ew ew ew it's so wrong.

So in answer to your blackmailing, no I will not get Tumblr. I only need to walk a few steps to see Boys who Wear Jeans, but cheers for the offer.

Sat 27th; Cat & Kitten Homing Day

Cat and Rabbit Rescue Centre



Mr Qu[illegible] tu[illegible] eyes is n[illegible] need of a home

ON SATURDAY 27th April once until 2 pm you can see the cats and reserve your selection to take home, pending a successful home visit. Otherwise please phone The Rescue as we arrange home visits and homing by appointment 7 days a week. There are over a 100 cats and kittens waiting for homes now.

Don't forget to look at our new website for some of our cats, rabbits and guinea pigs waiting for a home and details of the adoption procedure. If you are interested in adopting rabbits and guinea pigs they can be seen any Sunday afternoon from 2-3.30 p.m. without appointment.

Waiting for a home

- McQueen (KM106-12) with stunning brown eyes and Rebus (KM176-12) with green eyes are friendly 11 month old black neutered males
- Corporal is a 1 year old neutered ginger and white male used to children
- Sofia is a 2 year old spayed, semi-long haired tabby female who needs a quieter home
- KM165 12.12 is a friendly white and black, neutered, 7 month old male kitten
- Brothers KM 107-12 or Flynn, with a smooth black coat, and KM 108-12 with a fluffy black Arnie are friendly, neutered, and 11 months old
- Young kittens 260-12, 261-12 are black, 262 12.12 is tabby, and 264-12 is black and white. For homing as singles or pairs

The Rescue asks for a minimum donation of £45 for each neutered cat or kitten (or £70 if an unneutered and a neutering voucher will be issued, which covers the full cost) which includes vaccination, microchip and Petplan Vet insurance for 4 weeks.

Cat and Rabbit Rescue Centre, Hollbrow Lodge, Cholder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

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Chichester Business

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Green fingered volunteers spring forward to help with charity horticulture

SPRING has sprung and the Aldingbourne Trust continues to benefit from some sterling work from their team of volunteers. Six Volunteers from the Body Shop International gave up a day of their time to volunteer and support local charity the Aldingbourne Trust. The keen and motivated volunteers, Christine Clark, Emily Holden, Kevin Lade, William Ronciere and Justine Woodward spent the day in the Horticultural department helping to prick out and pot new plants.

Horticultural Instructor Richard Akkerman was amazed at just how much was achieved in so short a time and said: "I am delighted that the Body Shop International staff volunteered their time to help us, they have done a brilliant job."

Scott Bell, the Aldingbourne Trust's Volunteer Coordinator, said: "We have a good relationship with the Body Shop International and they have worked closely with the Trust in the past. It provided a change of environment for the Staff of the Body Shop International, whilst helping out the Country Centre on a job that urgently required attention, and we are grateful for their staff's help and assistance."

The group from the Body Shop International took the opportunity of looking around the Country Centre and saw first hand how staff and volunteers encourage adults with learning disabilities to learn and develop a wide range of skills by offering a variety of social enterprises to learn within, such as wood recycling, catering, retail, horticulture and organics and many more.

Cheryl Smith, William Ronciere, Christine Clark, Emily Holden, Kevin Lade and Justine Woodward at Aldingbourne Country Centre

Kevin Lade, Environmental Projects Manager with Body Shop International, said, wrote: "My memory of Aldingbourne will be one of great pleasure, I thoroughly enjoyed my time on your site, the tour was interesting, informative and despite the rain, fun. All of the staff and clients we met are a credit to you and the Aldingbourne Team."

The Aldingbourne Country Centre has a wide selection of plants for sale from bulbs, bedding plants and shrubs; the plants that the volunteers help pot up will also be available to buy. Visitors are more than welcome to browse around the Country Centre.

The Aldingbourne Trust is an enterprising charity, based in West Sussex that supports adults with learning disabilities to develop their skills which will enable them to live independently and find employment. For more information on the Aldingbourne Trust or if you're interested in becoming a volunteer please contact Scott Bell on 07846325935 or visit www.aldingbournetrust.co.uk

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Chichester Business

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Dominic is available to provide free consultations to Chichester Herald readers on every aspect of hair issues or problems that they may have from colour advice & help health through to cutting styling and specialty bridal design. New York Hair can also offer Chichester Herald readers an exclusive 50% off any selected service carried out by Dominic on their first appointment

Fashion Look award

DOMINIC Belo the award winning international hair stylist has re located to the UK and is now the Salon Principal & Artistic Director for New York Hair, West Street, Chichester

Belo has located himself at the independent Chichester salon, making NYHAIR his UK base after a long, glamorous career working around the world as a salon owner, platform artist, educator for major cosmetic companies and hairstylist to International celebrity clients including fashion designer John Chan and European musical artiste Wanda Stuart.

His extensive career includes work on behalf of major names in the fashion industry including Tiffany, Swarovski, Donna Karan of New York, Vera Wang and John Couture, his work has featured on the front covers of major publications such as Cut Walk, Perfect Wedding, and Top Hair magazine plus last year he became the 2012 National Champion of Portugal

Dominic relocated to the UK settling near Chichester and aims to share his wealth of knowledge and creativity, acting as a mentor to young up and coming hair stylists with the view to raising the quality and standards of their hairdressing skills.

Belo has been offered numerous positions at many high profile salons in London, Brighton, Chichester and across the South east of England all of which he turned down in favour of a small family business called New York Hair in Chichester. Belo is highly motivated by promoting the virtues & benefits of a small local business by taking head on some of the biggest names in the hairdressing industry

In his role as Salon Principal and Artistic Director, Belo has embarked on a recruitment drive searching for talented young stylists with high levels of skill, enthusiasm and creativity, he intends to retrain them on behalf of New York Hair to become part of an elite creative team that will go on to represent the salon in the acclaimed British Hairdressing Awards

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Oblivion (12A)

★★★☆☆

THREE out of Five stars

Running time: 126 mins
Director: Joseph Kosinski
Starring: Tom Cruise, Olga Kurylenko, Andrea Riseborough, Nikolaj Coster Waldau, Melissa Leo, Morgan Freeman

Beautifully shot and impeccably designed, Oblivion is a visual feast with strong performances and an intriguing central mystery, but it's slightly let down by a markedly derivative script and a general lack of warmth.

What's it all about?

Co-written and directed by Joseph Kosinski (adapting his own unpublished graphic novel) Oblivion is set on a ravaged, post-apocalyptic Earth, where giant machines are mining the last of the planet's natural resources in order to send the surviving humans (currently orbiting the Earth in a giant space station called The Tet) to a terraformed moon of Saturn. Tom Cruise plays Jack Harper, a WALL-E like drone technician whose job is to protect the machines from Scavengers on the surface, with his wife Victoria (Andrea Riseborough) overseeing his missions from their flashy sky-high apartment, where she takes orders from Tet-based controller Sally (Melissa Leo).

However, Jack is haunted by dreams of a mysterious woman (Olga Kurylenko) and images of a 21st century New York that he never saw first-hand. And when he finds a still-alive body in a crash that resembles the woman in his dreams, he begins to question what his superiors have been telling him, all of which is compounded when he discovers an underground community of human survivors led by Beech (Morgan Freeman).

The Good

The film is visually stunning, thanks to some exceptional location work (large portions of the film were shot in Iceland) and Claudio Miranda's sumptuous cinematography, all of which is heightened by some truly gorgeous production design work (the drones are particularly impressive, behaving like flying, heavily armed angry silver balls). There's also a terrific score, courtesy of Anthony Gonzalez and M83.

Cruise delivers a solid performance as Jack, though Freeman and Nikolaj Coster-Waldau (as Beech's right-hand man) are both gainfully underused and Kurylenko gets bafflingly little to do, considering her importance to the plot.

At any rate, the acting honours are rightfully stolen by Riseborough, who's terrific as Victoria and is given some utterly mesmerising close-ups by Kosinski that rival the shots of the desolate landscape.

The Bad

It's almost impossible to avoid comparing Oblivion with Kosinski's previous feature Tron: Legacy, since both films can be accused of favouring style over substance. This time round, the script has an intriguing central mystery at its heart, but the surrounding story is often distractingly derivative, with one moment in particular feeling like much too much of a rip-off rather than a simple homage.

On top of that, the film has an ultimately distancing lack of warmth, humour and emotion, part of which is down to the script, but is also the result of a total lack of chemistry between Cruise and Kurylenko. There are also a number of frustrating plot holes, though they should at least feel healthy post-film pub discussion.

Worth seeing?

Oblivion is worth seeing for its incredible production design and its stunning visuals, but the story never quite engages on an emotional level.

Films showing at New Park Cinema

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Fri 19 Apr
13.15 A Late Quartet 105m
15.30 Life of Pi (PG) 125m
18.15 Side Effects (15) 105m
20.45 A Late Quartet

Sat 20 Apr
13.15 A Late Quartet
15.30 Beyond the Hills (15) 150m
18.30 A Late Quartet
21.00 Side Effects

Sun 21 Apr
13.00 Chinatown (Polanski) (15) 131m
15.45 A Late Quartet
18.00 Shell (15) 91m
20.15 Life of Pi

Mon 22 Apr
13.15 A Late Quartet
15.30 Side Effects
18.00 Beyond the Hills
21.00 Shell

Tue 23 Apr
13.00 Life of Pi
15.45 Chinatown
18.30 A Late Quartet
20.45 Side Effects

Wed 24 Apr
13.30 Beyond the Hills
16.30 A Late Quartet

Thu 25 Apr
13.15 Life of Pi
16.00 Shell
18.15 A Late Quartet
20.45 A Late Quartet

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Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 23rd April 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Cordelia ayling from Arundel

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Gold Run: Remix, an installation by artist James Lake

THE BARRIERS faced by disabled athletes in sport and life are explored in an innovative and thought-provoking installation by Outside In artist and sculptor James Lake on show at Pallant House Gallery this spring. An intricate cardboard sculpture of a runner preparing for a seemingly impossible race, Gold Run: Remix also reflects James's own journey as a disabled artist, and the way in which he has broken down his own barriers through art and creativity.

Speaking of the concept behind the work, James states that "the track is designed to represent a journey faced with hurdles that in one instance are sport related, but also represent the barriers to success and achievement." This journey, James explains, "seeks to emphasise the disabled athlete's transformation from an anonymous construct of disability to an individual with a personal identity."

James's runner is a universal figure representing the desire to 'finish a race, no matter what hurdles might be encountered on the way. Despite the seemingly impossible track, James says: "ultimately it [the figure] is moving towards recognition and acceptance in wider society. What's next' was at the back of my mind when I was making it: what would happen at the end of the Paralympics?"

Originally devised under the mentorship of acclaimed sculptor Richard Wilson and Director of CGP London Ros Hennell, during a week's residency at Dulston Grove, Southwark Park, in September 2012, James says: "it was a lifetime opportunity to get generous input from a renowned artist who knows the business inside and out. Working at Dulston Grove allowed me to take what I was doing in a small environment and test it in large scale in a high quality artists' space. It was a steep learning curve. Richard was able to support me to maintain my confidence levels, enabling me to trust in my own judgements."

James creates his large-scale sculptures using cardboard and paper as his disability makes working with conventional materials difficult. When asked about James's unusual choice of sculptural material, Richard answered: "he is able to take cardboard and what we recognise as being just a container, a thing which you throw away, and he's made it into something which has transformed it, which has allowed it to transcend itself, and I think it's quite wonderful."

This exhibition is part of the Gold Run: Remix tour, which has already seen the installation visit Shape in The City's pop up gallery on Gracechurch Street, London, The Lightbox in Woking and Chapel Arts in Andover, where James worked in collaboration with their Programme Coordinator David Dixon. At each destination on the tour, the installation has been reimagined and reinterpreted by James in more intimate surroundings at The Lightbox, the track took on a more stacked appearance, almost toppling over ahead of the figure, and at Chapel Arts there was a large drop dividing the runner from the hurdles and his final destination. The piece will once again be transformed for its showcase at Pallant House Gallery.

James Lake's Gold Run: Remix will be on display in the Garden Gallery at Pallant House Gallery from 20 April – June 2013.

Call the Albion ticketline now on
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or purchase online by visiting
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npower CHAMPIONSHIP

SATURDAY'S TV 20.04.13

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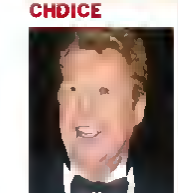
CHOICE



Michael Crawford

The Many Faces of Michael Crawford
BBC2, 8 30pm

M chael Crawford will always be known first and foremost, as bumbling Frank Spencer in 1970s sitcom Some Mothers Do Ave Em In the years that followed some audience members found it difficult to take Crawford serious as any other character which perhaps explains why he has largely steered clear of films and TV since Instead he s become a much-sought-after West End and Broadway star thanks to the likes of Barnum and The Phantom of the Opera This documentary takes a look back at Crawford s remarkable life and career

BBC1

5 00 Breakfast 10 00 Saturday Kitchen Live 11 30 Nigel Slater's Simple Suppers (R) 12.00 BBC News, Regional News, Weather
12.15 Football Focus 1 00 Live Snooker The World Championship, 2 15 Live Challenge Cup Rugby League 4 30 Final Score 5 10 Formula 1 Bahrain Grand Prix Qualifying Highlights.
5 25 BBC News Regional News; Weather
6.45 **Doctor Who** Clara and the Doctor arrive at a haunted mansion on a desolate moor where a gifted psychic and a professor are searching for a lethal off spirit.
7 30 **The National Lottery: Who Dares Wins** Nick Knowles hosts the game show in which two pairs of strangers team up each betting to outdo the other by listing as much as they know about a given period.
8.20 **The Voice UK.** The fourth round of the chart-spinning singing contest, with coaches Tom Jones, Jessie J Will i am and Danny O Donoghue aiming to outdo the r teams
9 20 **Casualty** Josh is distressed when his father and sister are involved in a car accident.
10.10 **BBC News;** Weather.
10.30 **Match of the Day** Gary Lineker presents highlights of the latest Premier League fixtures, including Sunderland v Everton at the Stadium of Light and Queens Park Rangers v Stoke City at Loftus Road, National Lottery Update.
12.00 Thn Football League Show
1 20 **Film:** Black Eagle (1988)
2 55 Weatherview 3 00 BBC News.

BBC2

6.00 This Is BBC Two 6.45 **Film:** On the Beat (1962) 8.30 Film: A Stitch in Time (1963) A butcher's bumbling assistant tries to cheer up an orphan while visiting his ailing boss in hospital. Slapstick comedy starring Norman Wisdom
10.00 Live Snooker The World Championship 12.25 Eastenders. (R) 2.15 Live Snooker The World Championship 5.30 The Great British Sewing Bee (R)
6.30 **Flog It!** Paul Martin and the experts examine Liverpool's rich musical heritage. (R)
7 00 **Live Snooker: The World Championship** Further coverage of the opening day of the Crucible Theatre.
8 00 **Supa Mothers Op Ave** Em Betty finally goes into labour (R)
8 30 **The Many Faces of Michael Crawford.** A profile of the actor and singer best known for his portrayal of Frank Spencer in Some Mothers Do Ave Em and playing the title role in the l st run of The Phantom of the Opera
9.30 **QI XL** An extended edition of the quiz with a difference with host Stephen Fry asking Sandi Toksvig Al Murray Dara O Briain and Alan Davies questions on the topic of the Inland Revenue (R)
10 15 **Amstrie is Primetime** New series Alan Yentob explores the social history of th US through its most popular TV shows
11 15 **Richard Briers: A Tribute** Documentary celebrating the life of the actor (R)
12 15 Snooker: The World Championship 1 05 Snooker: World Championships Extra. 3.35 This Is BBC Two.

ITV

6.00 CITV: Jungle Junction 6.15 Jungle Junction 6.25 The Hive (R) 6.35 The Hive (R) 6.45 Dino Dan (R) 6.55 Dino Dan. 7 05 Cardinals (R) 7.15 Cardinals (R) 7.25 Atmosfear Nakia Animals (R) 7.35 Ultimate Spider-Man 8.00 Jessie 8.25 ITV News. 8.30 Saturday Fam 9.25 The Jeremy Kyle Show USA. 10.20 My Tasty Travels with Lynda Bellingham. (R) 11.20 Murder, She Wrote (R) 12.20 ITV News: Weather 12.30 Midsomer Murders (R) 2.25 The Chase. (R) 3.30 Film: Kinnarjarian Cup (1990) 5.30 Regional Programme Weather 5 45 ITV News: Weather
8 00 **New You've Been Framed! Forever** Comedian Harry Hill narrates a selection of surreal camper calamities and viewers' mobile phone footage
7 00 **Britain's Got Talent** Ant and Dec present the second audition show, with another line-up of acts eager to win a slot at the start of Royal Variety Performance
8 30 **The Cube** A physiotherapist and a secondary school teacher try to complete a series of increasingly difficult tasks, hop eg to win a jackpot of £250 000
9 30 **The Jonathan Ross Show** The host welcomes Steve Coogan, the man behind Alan Partridge. In talk about his latest projects. Actress Saoirse Ronan also drops by and music superstar Will i am performs live.
10 30 ITV News: Weather
10 45 **Film: Pannlhood** (1980) Comedy drama starring Steve Martin
1 00 Jackpot247 3 00 Ladette to Lady: Australia.)R) 3 50 ITV Nightscreen

CHANNEL 4

6.15 The Grid 6.40 World Superbikes. 7.05 Brighton Marathon. 7.55 The Monkey Live. 9.00 Even Lovely Lives Raymond (R) 8.30 Everybody Loves Raymond (R) 10.00 Frasier (R) 10.30 Frasier (R) 11.00 The Big Bang Theory (R) 11.35 The Big Bang Theory (R) 12.00 The Simpsons. (R) 12.35 Secret Millionaire Ireland 1.40 Channel 4 Racing 4.15 Come Dine with Me. (R) 4.50 Come Dine with Me (R) 5.20 Come Dine with Me (R) 5.50 Come Dine with Me. (R)
6.25 **Come Dine with Me** Andy Kelleway hosts the final dinner party in Oxford)R)
8 55 **Channel 4 News**
7 20 **Grand Designs** Kevin McCloud meets a couple transforming 5 000sq ft of derelict basement as west London ... and without proper architectin drawings can1nn on looks in almost from the start. Postponed from April 13)R)
8 15 **Walking Through History** Tony Robinson goes on a four-day trek through the Kintail region of the Highlands examining the story of the early 1700s Jacobite uprisings along the way. Last in the series
9 20 **Film: The Twilight Saga New Moon** (2009) Romantic fantasy sequel, starring Kristen Stewart and Robert Pattinson
11 45 **Darren Brown Investigates The Ghost Hunter** The illusionist explores the world of Len Gamble Last in the series)R)
12 50 Film: Double Jeopardy (1999) Thriller starring Ashley Judd 2 35 Hollyoaks)R) 4 35 Deal or No Deal)R) 5 30 Countdown.)R)

CHANNEL 5

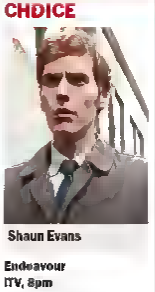
6 00 Milkshake! 10.00 Power Rangers: Super Samurai (R) 10.25 Batman: The Brave and the Bold 11.00 Home Hollywood 11 05 The Revival Men (R) 12 05 Nature Shock The Blacktip Shark Mystery (R) 1.05 Florence's Extreme Fishing Challenge (R) 2.05 Film: Cheaper By the Dozen (2003) Family comedy remake, starring Steve Martin 4.00 Film: Apache. (1954) Western, starring Burt Lancaster 5.45 5 News Weekend 5.50 Film: Cahill US Marshal (1973) Western, starring John Wayne and Gregory Kennedy
7 40 **Film: Rocky IV** (1985) The titl an Stallion steps into the ring against a seemingly invincible Russian boxer who caused the death of his friend. Drama starring Sylvester Stallone and Dolph Lundgren
9 30 **International Boxing** Tyson Fury v Steve Cunn ngham. Live coverage of the heavyweight bout from the Theatre at Madison Square Garden in New York, USA.
11 35 **Law & Order: Special Victims Unit** Benson and Stabler have to treat carefully when they investigate the deaths of a wealthy couple and find themselves playing a game of politics and double bluff
11 55 **Inside Hollywood** Magazine show with location reports and showbiz news from behind the scenes in Tinseltown.
12.00 Supercasino 3 00 Wildlife SOS (R) 3 40 Comity Secrets)R) 4 55 Hana s Helpline)R) 5 00 Angels of Jama)R) 5 15 Keary the Racing Car)R) 5 25 Thn Funky Valley Show)R) 5 35 Hana s Helpline)R) 6.00 Keary the Racing Car)R)

DIGITAL

BBC Three
7 00 Mnrlin 8 30 Top Gear 9 30 **Film** Tropic Thunder) 2008) 11 10 Family Guy 11 35 Anrnrican Dad!
BBC Four
7 00 South Pacific 8 00 Thn Golden Age of Steam Railway 9 00 Anne Dahl Bar Blood Part Dnn 10 30 Young Grnns Go for It 11 30 Top of thn Pops, 1970
ITV2
3 40 Prim est Ever You've Been Framed! 4 45 Film Chrity Sec (1991) 5 30 **Film** Kangarne Jack (2003) 7 30 Britain Got Mnnt Talent 8 30 Britain Got Mnnt You've Been Framed! 10 30 Celebrity Juice 11.20 Pleas 11 00 Britain's Got talent
ITV3
3 00 Agatha Chnet e's Poirot P 00 A Tench of Frost 8 00 Agatha Christins Marple 9 00 Doc Martin 10 00 Lewis 11 00 A Touch of Frost
ITV4
11.00 Live Indian Premier League Cricket Kolkata Kn ght R ders v Chennai Super Kings and Royal Challengers Bangalore v Rajasthan Royals 8 00 British Superbikn Championsh p Highlights 9 00 River Monsters 10 05 **Film:** Land of thn Dead (2005) 11 55 Fearn Ronaldo to Ronaldo
E4
5 30 Thn Mindy Project 6 00 Thn B g Bang Theory 7 00 Yonngers 7 30 How I Met Yonr Mother 8.00 **Film** Wnsh Hour 3 (2007) 10 50 Thn Big Bang Theory 11 50 The Cleveland Show
Film4
2 45 Znlu (1964) 5 30 My Super Ex-Girlfrnnt (2006) 7 20 Thn Mon (2005) 9 00 Planes Tra ns and Automobiles (1987) Comedy starring Steve Martin John Candy and Michael McKean 10 45 Scary Movie (2000)

SUNDAY'S TV 21.04.13

CHOICE



Shaun Evans

Endeavour
ITV, 8pm

Fans of Colin Dexter s novels and John Thaw's series will be delighted by a story that manages to encompass some of the themes depicted in one of older Morse s best stories, Masonic Mysteries Initially the killer featured here seems to be your typical deranged lunatic, the kind who murder indiscriminately – until a passion for opera, displayed in the way he elaborately stages his crimes – is revealed Morse s musical knowledge may enable him to unlock the case s puzzling nature which involves cryptic clues and an ever-growing body count.

BBC1

5 00 Breakfast 7 00 Mnrlin of the Day (R) 8 30 London Marathon. 2.50 Sunday Politics. Weather for the Week Ahead. 3 20 Points of View 3 35 Linlithn 3 45 Escape to the Country (R) 4 15 Songs of Praise 5 00 Formula 1 Bahrain Grand Prix Highlights.
6.35 **BBC News**-Regional News' Weather
7 00 **Countryfile** The team heads to Calderdale in West Yorkshire before visiting the village of Haworth – where the Brontn family lived – and taking in the landscapes that inspired poet Ted Hughes
8 00 **Antiques Roadshow** Fiona Bruce and the experts visit Castle Castle near Enniskillen Co Fermanagh, where items include a modern painting of Irish landscape and a collection of conjects And Robin wavers can play along by guessing the valuations
9.35 **The Village** The v llagnrs gather for their traditional annual wheelbarrow race – unaware it coincides with the final day of thn Battle of the Somme. John steals medicine when Mary falls ill
10 00 **BBC News** Regional News Weather
10 25 **Match of the Day 2** Including highlights of Tottenham Hotspur v Manchester City
11.20 **Regional Programme.**
11 55 **Film. The Galaway**) 1954) A rnnmnd conjn are persuaded to take part in a robbery but are forced to work with a treacherous former partner in mnnn Thriller rnmake with Alec Baldwin and Kim Basinger
1.45 Weatherview 1.50 BBC News.

BBC2

6.00 This Is BBC Two 6.30 **Film:** The Outlaw (1943) 8.15 Gardeners' World (R) 8.45 The A to Z of TV Gardening 9.30 The Beechgrove Garden 10.00 Saturday Kitchen Best Bites 11.30 Park Avenues Bread (R) 12.00 Flog It! 1.00 Gymnastics: European Championships 2.30 Live Snooker: The World Championship
5.00 **Coast** The presenters seek out the ideal locations to enjoy their personal passions, with Nick Crane after... a mountaineering challenge on the Isle of Skye. (R)
7 00 **London Marathon Highlights** Sonali Shah presents act on from one of the world's most prestigious road races, as elite athletes and fun-runners negotiated the 26 2 mile course
8 00 **Bill Bailey's Jungle Hero** Part one of two The nonnrehan bellows in the footsteps of Victorian naturalist Alfred Russel Wallace
9 00 **Toughest Place to Be a Sikh Man – The Return** London drummer Wildnr Ramirez heads back to Jakarta, Indonesia.
10 00 **Mark the Week Lanka Back at Travel** Another themed selection from the show's archives
10.30 **It's Kevin** Including music by Craig Marley
11 00 **Snooker: The World Championship** Highlights of the second day's play in Sheffield.
11.50 **Snooker: World Championships Extra**
1.50 Sign Zone Hefty City (R)
2.50 This Is BBC Two.

ITV

6.00 CITV: Jungle Junction 6.15 Jungle Junction 6.25 The Hive (R) 6.35 The Hive (R) 6.45 Dino Dan (R) 6.55 Dino Dan 7 05 Cardinals (R) 7.15 Cardinals. (R) 7.25 Almost Naked Animals (R) 7.30 Teenage Mutant Ninja Turtles 8.00 Sonny with a Chance 8.25 ITV News 8.30 Country House Sunday 9.25 The Jeremy Kyle Show USA. (R) 10.20 Dickinson's Real Deal (R) 11.20 ITV News: Weather 11.25 Film: Colombo: Mind Over Murder (1974) 12.57 You've Been Framed! (R) 1.25 Britain's Got Talent (R) 2.50 Feud Glorious Feud (R) 3.55 Film: Jurassic Park (1993)
6.15 **Regional Programme;** Weather
6.30 **ITV News;** Weather
6.45 **Catchphrase** Stephen Mulhern hosts the game show in which contestants guess the familiar phrase he first in an instal clues before one of them says the word
7 30 **Off Their Rockers** An OAP attempts escapology for the first time
8 00 **Endeavour.** Morse meets his intellectual match when a serial killer keeps h mself one step ahead of the law and leaves cryptic messages to goad the police Starring Shaun Evans.
10.00 **Perspectives: Jonathan Ross Alfred Hitchcock – Made in Britain** The life and career of the celebrated director
11 00 ITV News: Weather
11 15 **Premiership Rugby Union**
12 15 Thn Sto e 2 15 British Snooker Championship Highlights 3 10 Mnrlin. (R) 4 10 ITV Nightscreen 5 05 The Jeremy Kyle Show)R)

CHANNEL 4

6.15 The Healss (R) 6.40 The Hewks. (R) 7.05 Fnesgards on 4 7.35 Everybody Loves Raymond. (R) 8.00 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Frasier (R) 9.30 Sunday Brunch 12 00 The Big Bang Theory (R) 12.25 The Big Bang Theory (R) 12.55 The Big Bang Theory (R) 1.20 The Simpsons (R) 1.50 The Simpsons (R) 2.20 **Film:** Meet Dave. (2008) Sci-fi comedy starring Eddie Murphy. 4.00 Deal or No Deal 5.05 Five Minutes on a Fortune
6.05 **Channel 4 News.**
8 30 **Come Dine with Me.** Contestants from Sheffield try to outdn each other with their cul nary creations, but Chnr Cressley's attempts to charm Suzanne Bell backfire)R)
7.30 **Film: The Karate Kid.** (2010) Premiere An American youngster living in China falls fnul of a callous uptll a kung fn master teaches him how to defend himself Martial arts drama, with Jadnn Smith and Jackie Chan
10 15 **Film: Max Payne**) 2008) A tormented cop searches for his wife's killer while investigating a series of murdnrs connected to a hallucinatory drug Action thriller, starring Mark Wahlberg and Mila Kunis.
12 10 **Film:** Enemy at the Gates (2001) Second World War drama starring Jude Law 2 25 Tenant 2 40 Insidn Nature s Giantn The Big Cats Thn anatomy of big cats)R) 3 35 Comn Dine with Me Four strangers from south Devon compete to host the perfect dinner party)R) 4 30 Deal or No Deal Beat the-banker game show)R) 5.25 Countdown.)R)

CHANNEL 5

6 00 Milkshake! Peppa Pig 6.55 Keary the Racing Car (R) 8 15 Fin and the Flowerbirds. (R) 8.25 Bert and Ernie's Great Adventures (R) 8.30 Thn Mr Men Show (R) 8.45 Cbbie s Closet. 8.55 Postman Pat and Custard Thr. (R) 9 05 Bananas in Pyjamas (R) 9 20 Animal Antics (R) 7 20 Noddy in Toyland (R) 7.35 Mio Mio (R) 7 40 Day of Friends (R) 7 50 Milkshake! Monkey (R) 7.55 Little Princess (R) 8 10 The Adventures of Abelle and Bill (R) 8 25 Best Friends Dnrky (R) 8 20 Milkshake! Show Songs (R) 8.25 Angelina Ballerina. (R)
9 45 Rupert Bear (R) 9 00 Bernard Holly's Little Kingdom (R) 9 15 Toby's Travelling Circus. (R) 9 30 Keary thn Racing Car. (R) 9 45 Jelly Jamm. (R) 10 00 Fnnt and Emlin Great Adventures (R) 10 09 Power Rangers: Super Samurai (R) 10.40 Batman: The Brave and thn Bold 11 10 Inside Hollywood 11 15 Trauma Doctors (R) 12 15 Cowboy Building (R) 1 15 Rolf's Animal Clinic (R) 2.20 Film: If Daniel Happens (R) 1994) 4.15 Film: Little Women)1994)
9 30 **5 News Weekend**
8.35 **Film: The Fifth Element.**) 1997) Sci-fi adventure starring Bruce Willis, Milla Jovovich and Gary Oldman
9 00 **Once Upon a Time** Snow and Emma try to find a portal back to Storybrooke
10 00 **Person of Interest**
10 55 **Film: Blind Work** (2002) Crime thriller. Arnnind ey and starring Clint Eastwood and Angelica Huston
1.55 SuperCasino 3 55 Wildlife SOS (R) 4 45 Gnnnty Secrets)R) 5 00 Hana Helpline)R) 5 10 Angels of Jama)R) 5 15 Keary the Racing Car (R) 5 25 Thn Funky Valley Show)R) 5 35 Hana Helpline)R) 5 00 Keary the Racing Car)R)

DIGITAL

BBC Three
7 00 World s Craziest Fouls 7.30 Live MotoGP 9 00 Thn Virgin UK 10 00 Family Legal Drivers 11 00 Family Guy 11 45 American Dad!
BBC Four
7 00 Thn Century That Wrote Itself 8 00 The Review Show 9 00 Arena. aka Norman Pnrlkinson 10 00 Secret Life of Rockpnols 11 00 Motor Racing at thn IHC That Petrol Emotion 11 30 Exotic Pop at the BBC
ITV2
3.45 You've Been Framed! P 15 Britain's Got Talent 5 45 Britain's Got Mnnt Talent 5 45 **Film** Thn Mnmmy: Tomb of the Dragon Emperor (2008) 8 00 **Film** Shaun of thn Dead (2004) 11 00 Celebrity Juice 11 50 **Film** Kiss Kiss Bang Bang (2005)
ITV3
3.55 **Film.** Agatha Christie s Murder on Three Acrn) 1985) 5 55 Agatha Chnet e's Poirot 8 00 **Film:** Hamlet (1948) 10.45 Bine Murder
ITV4
10 45 Live French Touring Car Championship 6 00 Police, Camera, Action 7 00 The Sweeney 8 35 Premiership Rugby Un on 9 00 Cycling 10 00 Indian Premier League Cricket 11 00 **Film:** Il Mio (2002)
E4
3 05 Charmed 4.00 Revenge 5 00 How I Met Yonr Mother 5 30 New Girl 9 00 Thn Big Bang Theory 7 30 The Mnnty Project 8 00 Skins Thn Wan (2009) 9 45 Darren Brown Sumtnn ng Wicked This Way Comes 11.20 2 Broke Girls 11 50 The Big Bang Theory
Film4
2.50 Rear Window) 1954) 5.15 Just Wnirhl (2010) 7 10 Knights of the South K ngdnms (2005) 9 00 Semi-Pro (2008) Comedy starring Will Ferrell 10.50 The End Mnnty (1997)

Monday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. 11.00 Don't Get Done, Get Dom. 11.45 Crime Scene Rescue. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. (R) 3.45 Chefs: Put Your Menu Where Your Mouth Is. 4.30 Antiques Road Trip. (R) 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 6.55 Party Election Broadcast. (R) 7.00 The One Show. 7.30 Bang Goes the Theory. BBC News. Regional News. 8.00 EastEnders. 8.30 Secrets of Britain's Shame Councils. Pancreatica. 9.00 The Prisoners. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Have I Got a Bit More News for You. 11.20 The Graham Norton Show. (R) 12.00 Film: Gladiatress. (2004). 1.30 Weatherview. 1.35 BBC News.

BBC2 5.00 Homes Under the Hammer. (R) 7.00 Don't Get Done Get Dom. (R) 7.45 Crime Scene Rescue. (R) 8.15 Sign Zone. Saints and Scroungers. (R) 9.00 Great British Menu. (R) 9.30 Great British Railway Journeys. (R) 10.00 Live Snooker. The World Championship. 12.00 Daily Politics. 1.00 Live Snooker. The World Championship. Further first-round coverage from the Crucible Theatre. 5.55 Party Election Broadcast. 6.00 Eggheads. 6.30 Flog It. (R) 7.00 Hairy Bikers' Best of British. 8.00 University Challenge. 8.30 Paul Hollywood's Bread. 9.00 Fit to Run. How Road Illness Changed History. 10.00 Never Mind Buzzcocks. (R) 10.30 Newsnight. Weather. 11.20 Snooker. The World Championship. Extra. 2.10 Sign Zone. The Railway Keeping Britain on Track. (R) 3.10 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.25 Party Election Broadcast. (R) 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 James Nesbitt's Ireland. 8.30 Coronation Street. 9.00 Broadchurch. 10.00 ITV News. Weather. 10.40 ITV News London. Weather. 10.45 The Unforgettable Larry Grayson. (R) 11.20 Mink. (R) 12.10 Jackpot247. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 5.10 The Hoobs. (R) 5.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 Location Location Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.45 SuperScrimpers Challenge. 2.45 Countdown. 3.30 100 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Embarrassing Bodies: Live from the Clinic. 9.00 Edward VIII's Numerous Mistresses. 10.00 Shameless. 11.30 Random Acts. 11.50 Out of the Cats Bags. Countdown. (R) 12.15 European Poker Tour. 1.10 KOTV Boxing Weekly. 1.35 Selling America's Cup. Discovered. 2.00 Fmasports on 4. (R) 2.30 Ginetic Challenge. (R) 2.55 The Grid. (R) 3.20 World Superbikes. (R) 3.45 Brighton Marathon. (R) 4.45 Countdown. Undercover. Channel 4 Dispatches. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake. 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Crowley Bunkers. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film: Sacrifices of the Heart. (2007) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Extraordinary People: Britain's Tiniest Toddlers. (R) 5 News Update. 8.00 Bic Early Square. 5 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 Body of Proof. 10.55 Dallas. 11.55 CSI: NY. (R) 12.50 True Crime: The First 72 Hours. 1.15 SuperCasino. 3.55 House Doctor. (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) 11.00 Don't Get Done, Get Dom. 11.45 Crime Scene Rescue. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. (R) 3.45 Chefs: Put Your Menu Where Your Mouth Is. 4.30 Antiques Road Trip. (R) 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 6.55 Party Election Broadcast. (R) 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. 9.00 The Syndicate. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Weight Way. 11.05 Film: Air Force One. (1997) Action thriller starring Harrison Ford. 1.09 Weatherview. 1.10 BBC News.

BBC2 5.00 Homes Under the Hammer. (R) 7.00 Don't Get Done. Get Dom. (R) 7.45 Crime Scene Rescue. (R) 8.15 Sign Zone. Saints and Scroungers. (R) 9.00 Great British Menu. (R) 9.30 Great British Railway Journeys. (R) 10.00 Live Snooker. The World Championship. 12.00 Daily Politics. 1.00 Live Snooker. The World Championship. Further first-round coverage from Sheffield. 5.55 Party Election Broadcast. 6.00 Eggheads. 6.30 Flog It. (R) 7.00 Hairy Bikers Best of British. 8.00 The Great British Sewing Bee. 9.00 Keeping Britain Alive. The NHS in a Day. 10.00 Last Leg. 10.30 with Jools Holland. 10.30 Newsnight. Weather. 11.20 Snooker. The World Championship. 12.10 Snooker. World Championship. Extra. 2.10 Sign Zone. The Railway Keeping Britain on Track. (R) 3.10 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.25 Party Election Broadcast. (R) 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Live UEFA Champions League. A semi-final first-leg tie (Kick-off 7.45pm). 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.40 Pensioners Behind Bars. (R) 11.40 In Plain Sight. 12.30 Jackpot247. 3.00 Loose Women. (R) 3.50 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 7.00 The Treacle People. (R) 8.10 The Horse. (R) 9.10 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 Location Location Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.45 SuperScrimpers Challenge. 2.45 Countdown. 3.30 100 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 5.30 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Embarrassing Bodies: Live from the Clinic. 9.00 Edward VIII's Numerous Mistresses. 10.00 Shameless. 11.30 Random Acts. 11.50 Out of the Cats Bags. Countdown. (R) 12.15 European Poker Tour. 1.10 KOTV Boxing Weekly. 1.35 Selling America's Cup. Discovered. 2.00 Fmasports on 4. (R) 2.30 Ginetic Challenge. (R) 2.55 The Grid. (R) 3.20 World Superbikes. (R) 3.45 Brighton Marathon. (R) 4.45 Countdown. Undercover. Channel 4 Dispatches. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake. 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Crowley Bunkers. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film: Sacrifices of the Heart. (2007) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Extraordinary People: Britain's Tiniest Toddlers. (R) 5 News Update. 8.00 Bic Early Square. 5 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 Body of Proof. 10.55 Dallas. 11.55 CSI: NY. (R) 12.50 True Crime: The First 72 Hours. 1.15 SuperCasino. 3.55 House Doctor. (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) 11.00 Don't Get Done, Get Dom. 11.45 Crime Scene Rescue. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. (R) 3.45 Chefs: Put Your Menu Where Your Mouth Is. 4.30 Antiques Road Trip. (R) 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 6.55 Party Election Broadcast. (R) 7.00 The One Show. BBC News. Regional News. 8.00 MasterChef. 9.00 Great Bear Stakeout. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 A Question of Sport. 11.05 Film: Munich. (2005) Thriller starring Eric Bana and Daniel Craig. 1.40 Weatherview. 1.45 BBC News.

BBC2 5.00 Homes Under the Hammer. (R) 7.00 Don't Get Done. Get Dom. (R) 7.45 Crime Scene Rescue. (R) 8.15 Sign Zone. Saints and Scroungers. (R) 9.00 Great British Menu. (R) 9.30 See Hear. 10.00 Live Snooker. The World Championship. Coverage of the opening session on day five of Snooker's. 12.00 Daily Politics. 1.00 Live. (R) 1.10 Live Snooker. The Wells Championship. Further first round coverage from Sheffield. 5.55 Party Election Broadcast. 6.00 Eggheads. 6.30 Flog It! (R) 7.00 Hairy Bikers' best of British. 8.00 Coast. 9.00 South Africa: The Massacre That Changed a Nation. 10.00 James Mays Things You Need to Know. (R) 10.30 Newsnight. Weather. 11.20 Snooker. The World Championship. 12.10 Snooker. World Championship. Extra. 2.10 Sign Zone. See Hear. (R) 2.40 This Is BBC Two. 3.50 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. (R) 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.25 Party Election Broadcast. (R) 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Food Glorious Food. 9.00 Scott & Bailey. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Dame Kelly Holmes: Sports Us Stones. 11.35 The Dales. (R) 12.05 Jackpot247. 3.00 British Touring Car Championship Highlights. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 5.10 The Hoobs. (R) 5.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss USA. (R) 11.00 Location Location Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.45 SuperScrimpers Challenge. 2.45 Countdown. 3.30 100 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 5.30 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Embarrassing Bodies: Live from the Clinic. 9.00 Edward VIII's Numerous Mistresses. 10.00 Shameless. 11.30 Random Acts. 11.50 Out of the Cats Bags. Countdown. (R) 12.15 European Poker Tour. 1.10 KOTV Boxing Weekly. 1.35 Selling America's Cup. Discovered. 2.00 Fmasports on 4. (R) 2.30 Ginetic Challenge. (R) 2.55 The Grid. (R) 3.20 World Superbikes. (R) 3.45 Brighton Marathon. (R) 4.45 Countdown. Undercover. Channel 4 Dispatches. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake. 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Ben Fogle: New Lives in the Wild. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film: Mystery Woman: Vision of a Murder. (2005) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Rell's An mal Clinic. (R) 5 News Update. 8.00 Emergency Bikers: 5 News at 9. 9.00 NCIS. 10.00 Law & Order: Special Victims Unit. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.55 The Aussie Millions: Poker Championships. 12.55 SuperCasino. 3.55 House Doctor. (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) 11.00 Don't Get Done, Get Dom. 11.45 Crime Scene Rescue. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. (R) 3.45 Chefs: Put Your Menu Where Your Mouth Is. 4.30 Antiques Road Trip. (R) 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 6.55 Party Election Broadcast. (R) 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 MasterChef. 9.00 Great Bear Stakeout. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 Question Time. 11.35 This Week. 12.20 Holiday. Weatherview. 12.25 BBC News.

BBC2 5.00 This Is BBC Two. 8.00 Homes Under the Hammer. (R) 7.00 Don't Get Done. Get Dom. (R) 7.45 Crime Scene Rescue. (R) 8.20 Sign Zone. Saints and Scroungers. (R) 9.00 Great British Menu. (R) 9.35 Great British Menu. (R) 10.05 Great British Railway Journeys. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Live Snooker. The World Championship. The opening session on day six at the Crucible Theatre in Sheffield. 5.55 Party Election Broadcast. 6.00 Eggheads. 6.30 Flog It! (R) 7.00 Hairy Bikers' best of British. 8.00 James May's Man Lab. 8.30 The Philosophy Husband. 10.00 Watson & Oliver. 10.30 Newsnight. Weather. 11.20 Snooker. The World Championship. 12.10 Snooker. World Championships Extra. 2.10 Sign Zone. Secrets of Britain's Sharia Councils – Panorama. (R) 2.40 This Is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 ITV News London. Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. 3.59 ITV London. Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.25 Party Election Broadcast. (R) 6.15 ITV News. Weather. 6.45 Emmerdale. 7.45 Live UEFA Europa League Football. A semi-final first-leg tie (Kick-off 6.05pm). 10.10 ITV News. Weather. 10.40 ITV News London. Weather. 10.45 Europa League Extra. Time. 11.45 The Jonathan Ross Show. (R) 12.45 Jackpot247. 3.00 Never Monsters. (R) 3.50 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 5.10 The Hoobs. (R) 5.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Undercover Boss Australia. (R) 11.00 Location Location Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.45 SuperScrimpers. (R) 2.45 Countdown. 3.30 100 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 5.30 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thoughtTV. 8.00 Secret Eaters. 9.00 The Intern. 10.00 The Sex Clinic. 11.05 24 Hours in A&E. (R) 12.05 Countdown. (R) 12.10 The Hoarder Next Door. (R) 1.05 Born to Be Different. (R) 2.00 Brita ns Millionaire Criminals. Channel 4 Dispatches. (R) 2.30 Unreported World. (R) 2.55 Come Dine with Me. (R) 3.50 Deal or No Deal. (R) 4.45 Countdown. (R) 5.30 Baking Mad with Eric Lanlard. (R) 5.55 Kirstie's Vintage Gems. (R)

Channel 5 6.00 Milkshake. 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Big Body Squat. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film: Beyond the Blackboard. (2011) Fact-based drama starring Emily VanCamp. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 The Hotel Inspector. (R) 5 News Update. 8.00 Cowboy Builders. (R) 5 News at 9. 9.00 Trauma Doctors. 10.00 Film: The Specialist. (1994) Action thriller starring Sylvester Stallone, Sharon Stone, James Woods, Rod Steiger and Eric Roberts. 12.10 SuperCasino. 3.55 House Doctor. (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Her Hunters. (R) 10.00 Homes Under the Hammer. (R) 11.00 Don't Get Done, Get Dom. 11.45 Crime Scene Rescue. 12.15 Bargain Hunt. 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. (R) 3.45 Chefs: Put Your Menu Where Your Mouth Is. 4.30 Antiques Road Trip. (R) 5.15 Pointless. 6.00 BBC News. Weather. 6.30 Regional News Programmes. Weather. 6.55 Party Election Broadcast. (R) 7.00 The One Show. 7.30 A Question of Sport. (R) BBC News. Regional News. 8.00 EastEnders. 8.30 MasterChef. 9.30 Have I Got News for You. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.20 The Weight Way. (R) 11.50 Film: Matrix. (1997) Comedy thriller starring Eddie Murphy. 1.45 Weatherview. 1.50 BBC News.

BBC2 5.00 Homes Under the Hammer. (R) 7.00 Don't Get Done. Get Dom. (R) 7.45 Crime Scene Rescue. (R) 8.15 Sign Zone. Saints and Scroungers. (R) 9.00 Countryfile. (R) 10.00 Live Snooker. The World Championship. Second-round coverage from Sheffield. 12.00 Daily Politics. 1.00 Live. Snooker. The World Championship. Further second-round coverage on day seven. 6.00 Eggheads. 6.30 Flog It! (R) 7.00 Hairy Bikers' Best of British. 8.00 Natures Microworlds. (R) 8.30 Gardeners' World. 9.00 The Genius of Taste. Painting the Industrial Revolution. 10.00 QI. (R) 10.30 Newsnight. Weather. 11.09 Later with Jools Holland. 12.10 Snooker. The World Championship. 1.00 Snooker. World Championships Extra. 3.30 Sign Zone. Question Time. (R) 4.00 This Is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.45 ITV News London. Weather. 2.00 Rory Bremner's Great British Views. 3.00 Dickinson's Real Deal. 3.59 ITV London Weather. 4.00 Tipping Point. (R) 5.00 The Chase. (R) 6.00 ITV News London. Weather. 6.25 Party Election Broadcast. (R) 6.30 ITV News. Weather. 7.00 Coronation Street. 7.30 Emmerdale. 8.00 Marlon Lewis Money Show. 8.30 Coronation Street. 9.00 The Ice Cream Girls. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 Film 2: Fast 2 Furious. (2003) Thriller sequel starring Paul Walker. 12.40 Jackpot247. 3.00 Film: Dante's Peak. (1997) Disaster movie starring Pierce Brosnan. 4.45 ITV Nightscreen.

Channel 4 5.10 The Hoobs. (R) 5.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 Secret Millionaire Ireland. (R) 11.00 Location Location Location. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.30 Channel 4 Racing. Live coverage from Sandown Park. 3.30 100 Things You Should Know. 4.00 Deal or No Deal. 5.00 Five Minutes to a Fortune. 5.30 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.30 Unreported World. 7.55 4thoughtTV. 8.00 Big Fat Gypsy Weddings: Best Dressed Brides. 9.00 Ben Ewil. Trick Artist. 10.00 Alan Carr: Chatty Man. 11.05 10 O'Clock Live. (R) 12.00 Random Acts. (R) 12.45 New TV. 12.35 The Shirley Project. 1.00 Happy Endings. (R) 1.20 Accidentally on Purpose. (R) 1.40 The New Normal. 2.05 Southland. (R) 2.45 St Elsewhere's. (R) 3.30 Come Dine with Me. (R) 3.25 Deal or No Deal. (R) 5.20 Countdown. (R)

Channel 5 6.00 Milkshake. 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.05 5 News Lunchtime. 12.15 Nature Shock: Killer Elephants. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.15 Disney Shorts: Mickey's Trailer. (R) 3.20 Film: Lies and Deception. (2005) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Air Crash: Heathrow Emergency. (R) 5 News Update. 8.00 Iceland: Ash Cloud Apocalypse. 5 News at 9. 9.00 The Mentalist. 10.00 CSI: Crime Scene Investigation. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.50 Inside Hollywood. (R) 12.00 SuperCasino. 3.55 Metropolis Mumbai. 4.20 House Doctor. (R) 4.45 Great Artists. (R) 5.10 Wildlife SOS. (R)

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Waitrose removes three neonicotinoids from supply chain

WAITROSE is asking suppliers of fruit, vegetables and flowers to avoid the use of three formulations of neonicotinoid based pesticides on crops destined for the supermarket. The move comes in light of concerns about their effects on bees, butterflies and other important pollinators.

Under a 'Seven Point Plan for Pollinators' that begins immediately, farmers supplying Waitrose are to stop using three systemic formulations of neonicotinoids by the end of 2014 at the latest. The three formulations - imidacloprid, clothianidin and thiamethoxam - will no longer be used on crops attractive to bees and other pollinators. The restriction on use is a precautionary measure and will remain in place until scientists can demonstrate conclusively whether or not the formulations are adversely affecting populations of pollinator insects.

The approach will also be rolled out progressively to commodity crops such as oil seed rape on the Waitrose Farm at Leckford in Hampshire and as soon as practicable to other areas of the arable sector that supply Waitrose.

In addition the supermarket chain has announced that it will fund a significant research project with the University of Exeter into the effects on pollinators of multiple pesticide use. The work will look at the impact of combinations of neonicotinoids and other pesticides on pollinators. The results of the three year programme will be used to develop alternative methods of pest control.

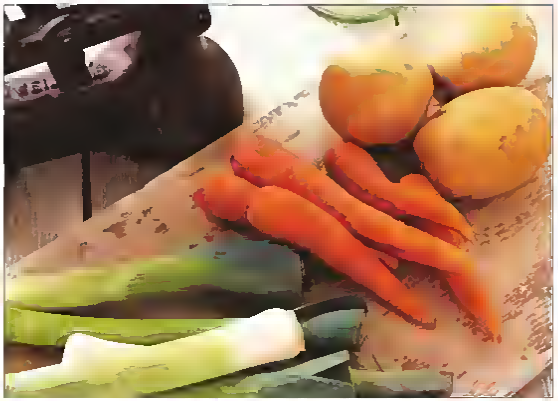
Waitrose Director of Quality & Technical, David Croft said: "We have been looking at pollinator health for some time in close collaboration with our fresh produce suppliers. Given the concern about these pesticides and the need to support pollinators we believe this is a responsible precautionary step as part of a wider, holistic approach under our seven point plan.

"The role of pollinating insects such as bees is crucial in sustaining agriculture in the long term, as part of a thriving ecosystem that will support food security, healthy diets and the wider agricultural economy.

"The current debate on the decline of pollinators has raised attention about the potential adverse impact of neonicotinoid pesticides. With this in mind, and in favour of strengthening pollinator presence, Waitrose is supporting a precautionary approach with these chemicals."

Waitrose Managing Director Mark Price added: "Waitrose aims to be a responsible retailer, putting back more than we take from the environment and we believe our decision on the three formulations of neonicotinoids is appropriate until conclusive evidence is put forward about the effects of these three chemicals. This is part of a programme of action to understand better the effect that commercial farming has on pollinators and to help our farmers develop cost effective alternative methods of pest control on their crops.

"Pollinators play a key role in the future sustainability of farming in this country and further afield, an area where Waitrose continues to lead the way through our work and close relationships with our farming suppliers, our work to help fund the Centre of Excellence for UK Farming 2, our work with the Soil Association Ducky Originals Future Farming Programme 3, on our own farm in Hampshire, and through the Waitrose Agronomy Group 4 with our suppliers."



Sainsbury's rolls out street food range

SAINSBURY'S will launch a range of on-the-go lunch time options, inspired by the growing demand for street food in the UK. Available in stores from 29 April in wraps, salads and flatbreads, the brand new chilled by Sainsbury's street food range includes foods from around the world, giving customers the choice of global flavours in a convenient bite.

From aromatic Indian inspired flatbreads and salads, which capture the fresh tastes of Asia through to wraps showcasing the hot flavours of Jamaica. The new additions include a standard sized Jamaican Jerk Chicken wrap cut in two, or a single burrito Style Street wrap available in the following varieties:

Indian Prawn – A slightly sweet, spiced dhal combined with king prawns, crunchy vegetables and hot tomato and chilli sauce on a delicious tortilla wrap.

Moroccan Chicken – Succulent British chicken breast is paired with a rich harissa dressing, chickpeas, apricots, crunchy vegetables on a tortilla wrap for a satisfying taste of the souks.

Singapore Noodle – This wrap combines thin rich noodles, curry powder, pork, prawns, spring onions and coriander in a tortilla wrap for a spicy, flavourful experience.

Other products include Flatbreads such as Ras el hanout chicken with tabbouleh, Keralan Spiced Vegetable and Chilli Cheese & Bean. For those wanting a healthy kick injected with flavour, the Street Salads include flavour combinations of South Indian Chicken & Vindaloo Chickpeas, Pad Thai King Prawn & Chicken, and Falafels with Herby Tabbouleh.

The by Sainsbury's street food range will come in punk, vibrant packaging, aiming to appeal to customers looking for an exciting, fresh and innovative lunch time option. Prices range from £2.80 – £3.50.

Paul Morgan, Sandwiches and Sushi Buyer at Sainsbury's says: "Street food is on trend at the moment, however this exciting, on-the-go type of cuisine has been around for hundreds of years. The new street food range offers all the vibrant flavours you'd expect while being convenient for busy people who are short on time."

Brits celebrate first sign of spring and reach for picnic food and sun cream

WEATHER forecasters' promises that Brits will see the sun and feel spring warmth for the first time this year are sending shoppers racing to stock up on barbecue and even picnic products.

Sales of salad foods, sun cream and ice cubes are expected to soar on Saturday and Sunday, said Tesco. Significant temperature changes and levels of sunshine impact customers' buying habits instantly – pushing demand for some products up and making others less appealing.

The first good weather has a bigger impact on customer behaviour than sunny spells during the summer months do. This weekend, forecasters predict gloom for some regions but sunshine for others. Tesco's advanced store ordering system adapts for 15 different regions.

Tesco store ordering project manager Ben Lister said: "The weather has been miserable for so long that customers will take the opportunity to have barbecues and picnics.

"We're sending lots more ice cubes, firelighters, bread rolls, corn on the cob, single ice creams, peaches and chilled dressings into stores in these regions.

"Our suppliers can also see what we're likely to want more of over the next 7 days since we launched our Tesco Connect system to share our information to help them plan and cut waste."

A surprising uplift in outputs is expected. Consumers have developed a taste for olives, sundried tomatoes and other Mediterranean favourites. Sales are due to rise by 30 per cent on Sunday. More traditional salad foods will also be in hot demand.

Saul Tesco's salad and dips buyer, Helen Dwyer: "We expect to see sales of coleslaw rise by up to 200 per cent in the warmest parts of the country and quiches up by 80 per cent on a normal weekend."

Good weather is arriving just in time for the British berry season. It will boost demand for British strawberries by 60 per cent, with most demand in the south. Customers are also expected to buy 400,000 heads of iceberg lettuce and 600 tonnes of cherry tomatoes.

Tesco meat, fish and poultry buyer Ashley Chatterton added that demand for barbecue meats will rise by up to 45 per cent in the warmest places – including 20 tonnes of barbecue ribs.

Messages about staying safe in the sun, especially after a prolonged wintry period of wrapping up warm – have loaded. Sun care sales will rise by 20 per cent, said Tesco's health and beauty team.

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Succulent honey mustard roast ham, served with two eggs and chunky chips £7.45

Three pork sausages on a bed of buttery mash, served with onion gravy £7.45

Homemade steak & ale pie, served with wholegrain mustard mash £7.95

Whole tail scampi, served with chunky chips and house salad £7.95

Ploughmans Ham, cheddar, stilton ploughmans served with Branston pickle, apple, celery, pickled onion, baby leaf salad and a warm baguette £7.45

The Vestry Grill

All day brunch - Fried or scrambled free range egg, sausage, two bacon, tomato, portabella mushrooms and chunky chips £6.95

Bigger Brunch Two fried or scrambled free range eggs, two sausages, three bacon, tomato, portabella mushrooms, beans & chunky chips £8.95

Mixed Grill Rump steak, roast ham, two sausages, bacon, fried egg, portabella mushroom, tomato, rolrslaw and chunky chips or a jacket potato £12.95

Fajitas Sizzling pan fried chicken breast, bell peppers and onions, served with warm fajita wraps, cheese, guacamole, salsa, sour cream and salad £7.95

STEAKS

Our steaks are served with grilled cherry tomatoes, salad, and chunky seasoned chips or a jacket potato. Choose from

8oz sirloin steak £12.95

or a 10oz rump steak £11.95

add a sauce of your choice for £1.00 - peppercorn, blue cheese, or hell fire

BURGERS

All our burgers are homemade quarter-pounders and served in a toasted bun, with seasoned chunky chips, homemade coleslaw and salad

Beef Burger £6.95 Bacon Cheeseburger £7.95 Blue Cheeseburger £7.95 Hell Fire Burger £7.95

Italian Burger £7.95 Chicken Burger £6.95 Veggie Burger £6.95

or why not try our Vestry Burger, rowrred with thinly sliced topside of beef and horseradish mayo £8.95

and if that's not enough, have a go at our Wurger Burger, any of the above but twice the size! £10.95

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Add chips for £1.00

Cheese & Branston pickle £4.95 Coronation chicken £5.95

Bacon brie & cranberry £5.95 Ham with mustard mayo £5.95

Tuna & cucumber £4.95 Mozzarella, tomato & pesto £4.95

Steak & onion £6.95 Prawn marie rose and avocado £5.95

Double Decker Sandwiches

Two story toasted sandwiches Add chips for £1.00

All day brunch sausage, bacon, hash brown and scrambled egg £6.95

Vestry Club chicken, bacon, salad and mustard mayo £6.95

Tuna & cheese melt £6.95

or double up any of our other sandwiches

Jackets

Cheese & beans £4.95 Coronation chicken £5.95

Tuna mayo £5.95 Prawn marie rose £5.95

Chicken & bacon mayo £5.95

Sides

Chips £2.95 Cheesy chips £3.45

Garlic bread £2.95 Cheesy garlic bread £3.45

Salads

Mozzarella, tomato & homemade pesto salad £4.95

Chicken, bacon, house dressing and garlic croutons £7.95

Smoked salmon, avocado, cherry tomatoes, cucumber with lime & oil dressing £8.95

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Small Steps... big changes!

IF YOU feel like you are drowning in a pool of nutritional information and sometimes wonder what to do to help yourself on the path to amazing health, all because you read so much conflicting information – take a deep breath and allow me to throw you a small lifeline.

The number one rule is to keep it simple. Use your common sense and know that any changes you make don't have to be made overnight, or all at once, unless you have serious health challenges. If you do, then you need to act quicker, get serious about your process and step it up a gear. It's important to remember that it takes more intensity and effort to reverse disease than to prevent it. So make the effort and don't wait for something to go wrong!

In the end, it is essential to have a good, and possibly new, relationship with food. To eat as cleanly as possible and give your temple all the tools and fuel it needs to put your health on track. As I said, it's really simple. It's called worst, better and best transitioning from the worst choice in the category, of food to a better choice, and then to the best.

Start by getting off the caffeine. Coffees, fizzy drinks and energy drinks are the worst category for your health, no doubt about it.

Denise Kelly

The best way to wean yourself off them is to start consuming green tea. This is a much better caffeine source. The best of course is to have on your own natural high. Turn your green juice into your new coffee in the morning, as it's 10 times better than any caffeine hit and makes your brain feel alert and sharp.

Regular pasta made from white flour with a store bought source is the worst choice when it comes to pasta. The better choice would be wholegrain variety served with an organic jar from a good health store. However, the best choice would be quinoa served with a home made garlic, tomatoes and olive oil dressing. That way you get all the immunity boosting ingredients and the sugar balancing energy. No high or low dips to create havoc.

Next are our beloved Chips! This is simple. Make your own, preferably with sweet potatoes, cover in coconut oil and Himalayan salt and cheese in the oven. Better than any chips you can buy in the supermarket to carcinogenic nils.

Chicken and fish choices should be organic, free from antibiotic and hormones. However it's important to remember animal products are not healing foods. The best choice is a plant based protein diet, especially if you have disease challenges.

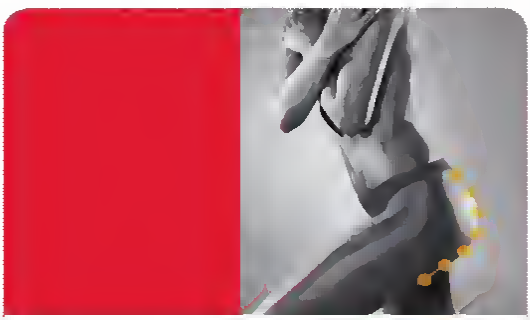
Regular chocolate or sweets are in the worst category. Sugar is our number one enemy in large quantities, causing all kind of imbalances inside us. Raw cacao or carob is best, as it has no dairy or caffeine. You can buy it from good health stores or make your own chocolate goodies!

Get in control. Your health is purely your responsibility. Start from the beginning and slowly change your eating habits. It is easier than you think.

Denise Kelly is a BANT (British Association of Nutritional Therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.deniisekelly.co.uk

Trust yourself

WHEN it comes to your health you must trust yourself and your own intuition. Speak up for what you know to be true. Don't allow anyone in the medical or holistic profession make you doubt yourself. You know your own body and you know when something is badly wrong. If the team around you has stopped listening, find someone else who will hear you, or look at you with fresh eyes. It might just save your life one day, so stick by your guns, stay strong and get the answers you deserve.



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Children playing outside just half as much as their parents

MODERN children spend just half the time playing outdoors than their parents did when they were young, a study has revealed. Researchers found today's kids are more inclined to stay indoors and watch television, play computer games and in some cases, even do their homework, rather than go outside to play.

The figures show during the 1970s and 1980s, when the current generation of parents were children, they enjoyed more than two hours of outside play each weekday and a further nine hours at weekends – whatever the weather.

But today's youngsters venture outside for just over an hour each weekday, and less than five hours on Saturdays and Sundays.

The stats emerged in a study by JCB Kids to mark the launch of its Fresh Air Campaign.

Sam Johnson, spokesperson for JCB Kids, said: "It is alarming the extent to which today's children are missing out on the outdoor play time which we enjoyed as children.

"Playing outdoors is so important for children – not only to help them stay active and healthy, but also to socialise with friends – and create those treasured childhood memories which we look back on so fondly.

"There are many distractions which divert kids attention from going outside, but as parents we need to encourage adventurous sport and create imaginative – and of course safe, opportunities for them to get out there.

"Today's children are spending a lot of time in front of the TV, playing on consoles and staring at computer screens."

The study of 2,000 parents revealed the average parent spent two hours and 26 minutes playing outside during the working week whilst they were children – double the five hours and 32 minutes children head outdoors today.

Weekends showed similar results with youngsters spending just four hours and 32 minutes outside over the two days compared to the nine hours their parents played outdoors in the same period.

It also emerged that 44% of parents wish their children played outdoors more often, with 55% saying their children don't play outside as much as other youngsters they know.

And 54% seriously worry their child doesn't spend enough time playing outdoors.

Instead, 43% say their children would rather watch television than go outside to play with friends – while another 42% prefer to play computer games.

Parents also said their children would rather surf the internet and listen to music, with almost one in ten even claiming their offspring favoured doing their homework to going outside.

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Fashion & Lifestyle

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Men's fashion tips for 2013

WITH EACH changing season, there are new fashion trends for everyone to get excited about. It looks like winter is finally easing its grip on us so that we can finally allow ourselves to move forward into 2013 with some new styles.

One thing to keep your eye on is bachour coats. However, this is not the only trend to look out for – there are many more coming up that you should be aware of for the new season and the rest of 2013.

Change your watchstrap

This isn't a unique fashion trend, but it's something you should take care to pay attention to in accordance with changing seasons. Practicality comes into this, too. Elastic or leather straps aren't appropriate with the upcoming hot weather (we can hope, if nothing else).

With the winter fading away, it's time to experiment and wear some fun colours on your watchstrap, instead of the darker leather straps.

Change your shoes

The reports are in and dress shoes are out for 2013. They enjoyed some due vogue with the massive popularity of shows like Boardwalk Empire, with its displays of early 1920s sharpness, but they are now firmly being replaced by boots.

Not hiking boots, mind you – trending for 2013 are leather lace-up boots, with toned-down colours of black or brown, also so whichever suits your wardrobe best.

Slim down and suit up

Three-button suit jackets are also on the way out, apparently. Two-button jackets, on the other hand, are firmly in. The absence of a third button adds a bit of height, as well as a flattering slimming effect.

Three-button jackets are timeless if you pick the classic cut – they definitely have the Mad Men feel to that scene. However, the two-button jacket is more popular because of its versatility and timelessness. If you're not one for collecting suit jackets, you'll definitely want a two-button jacket as your regular choice.

Wear more jeans

Denim jeans are never, ever going to be out of fashion, no matter how many times it might seem like their superior

timelessness is under threat. But the style and colour of them are quite important. Light blue denims are great, because you can always contrast them with darker jackets and boots.

If you're one for bright-coloured trousers, darker, indigo denim jeans are great to highlight them powerfully – they're also smarter.

Throw something shiny in there

Men can always wear jewellery to make themselves stand out from the crowd. You should choose it well and wear it confidently, and there are many items that are relatively easy to carry off.

Last year, leather bracelets were lo. This year, men will probably seek to accentuate their look with brass rings, or cufflinks. Silver always looks good, but gold should be worn sparingly, unless you wish to look like a used car salesman, of course.

Horoscopes

Horoscopes from Kimi
April 19th – 25th April

Aries

Every man or woman's home is their castle and you may be making a start on building yours this week. Renovation projects or a new build may be the order of the day. Whichever it is just make sure you have both enough money and energy. Check your bank account book in for a massage!

Taurus

You may be about to rekindle and old romance, re-energize an existing one or even start a new dalliance. Love is very much the focus of this week. You can be a little conservative and reticent when it comes to romantic situations but this is not one of those times. Let yourself go a little and enjoy!

Gemini

This is a week for clearing the decks both on a physical and metaphysical level. Buy that book on Feng Shui and cleanse your environment. You may be saying good bye to an old relationship this will be sad but will be important for your well being long term and will not necessary be of a permanent nature.

Cancer

This is a good week for collaborative projects at work and a good week for meeting with friends and family and generally having fun. A new hair style, wardrobe change could do much to boost your ego. This is a good week for joining a fitness class or starting a healthy eating programme. Just don't diet!

Leo

You may be invited to the ballet, a regatta or some other prestigious corporate event. This could be a week when you are meeting with the movers and shakers. Be nice to these people they have great power and influence and could bring about positive change to your life certainly on the career but possibly on the domestic front too!

Virgo

You are a restless spirit this week and cannot settle. All things foreign are highlighted so you may be planning a trip abroad to some exotic or far flung places; you may receive a visitor from such places or you may make overseas business connections. Whatever happens your craving for adventure and excitement will be sated.

Libra

Love and money, the two things that make the world go around, and are on the agenda this week. On the former front, take care not to be too judgmental; the very characteristics you complain about in others are often ones you possess. You may be given a tip off with regard to future investments which should prove advantageous.

Scorpio

At work you will be called upon to help out. This turns out to be a prime opportunity for you to show your creative and entrepreneurial skills to those that matter. On the domestic front there will be invitations to parties, weddings or other forms of social gathering this week or perhaps the organization of your own!

Sagittarius

Don't be a bull in a china shop. Be patient and take things slowly. We know you have a social conscience never more so than of late. You may have the opportunity of combining this conscience with a profitable enterprise soon. Perhaps a recycling project or fund raising activity. A good week for family outings.

Capricorn

Feeling hot, hot, hot! You will be this week, you feel energized and ready for the party to begin. If you are single and play your cards right you could be in for a good time with someone special. Keep up the appearance of mystique and intrigue and don't blow the budget on entertainment.

Aquarius

You need a little quiet time. This is a good week for cerebral projects. Perhaps you could try communing with nature, get out into the garden and get to grips with those green fingers or curl up on the sofa with a good literary read whilst listening to your favourite songs. Time for inner reflection and peace.

Pisces

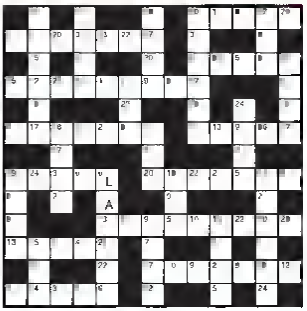
Getting out and about is good for you both physically and socially. Whether it is off road biking, horse riding or sailing you will meet new and interesting characters, perhaps a new partner and not necessarily of the romantic kind...or a future good friend. In the evenings soak up some cultural activity and you will truly fulfilled.

Brain Gym

No.114

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	A
2	
3	
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5	
6	L
7	
8	
9	
10	
11	
12	
13	

1	F	2	Y	3	D	4	N	5	K	6	W	7	Q
8	R	9	B	10	M	11	I	12	G	13	C	14	P
15	S	16	T	17	H	18	Z	19	O	20	X	21	L
22	E	23	U	24	V	25	J	26	A				

Last week's solutions:

Wordsquare

Y	K	S
O	R	K
E	T	E

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 'ing' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average,
20 words - good,
25 words - very good,
30 or more - excellent

Last week's solutions:

asshat, ashish shat sheat, absolvents sloth, hoks, hoks, ketch manshate, match, make, meat, sheal, shits tack, take, tame, tanch task, team, teem, that, then, thems.

Double Crossword

Choose either quick or cryptic clues

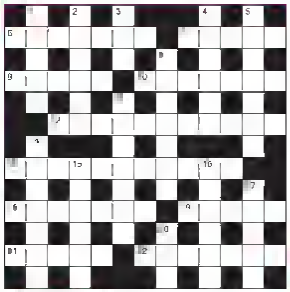
Cryptic Clues:

Across

8. Unusually angered (7)
7. Agree to advance (6,2)
8. Such remarks may still be pointed! (6)
10. Decorations prohibit in small thoroughfares (7)
12. For many road users they provide a storm outlook (4,7)
14. Patient attendants who favor only employees? (5,8)
18. He won't make certain advances (7)
19. It may be sung in a lovely rich baritone voice (7)
21. People count on them to send them to sleep! (5)
22. Promise done by a prisoner (7)

Down

1. Single unlimited fireplace (6)
2. Native American who may keep watch for you (9)
3. Catch a number up (3)
4. Free laser held up and put down again (8)
5. Common knowledge (2-4)
6. Lamps upset, for a survey holiday? (7)
11. A good one will be true to type (7)
13. Wanting a prize (7)
15. Possibly gifted young scholars may be still not lot (8)
16. Fiercely seen part of the French President's residence (6)
17. Not much to steal (5)
20. Don't go without a pen (3)



Quick Clues:

Across

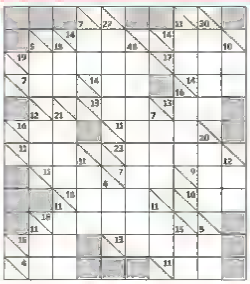
6. Nominate (7)
7. Lasser (5)
9. Afterwards (5)
10. Pad (7)
13. Booby prize (5,5)
14. Go separate ways (4,7)
18. Home-seekers (7)
19. Accumulate (6)
21. Performed (6)
22. Regulated (7)

Down

1. Utter (5)
3. Spanish dance (5)
4. Finish (8)
5. Crossman (8)
6. A wise man (7)
8. Vegetables (7)
11. Postpone (7)
12. Prize (7)
15. Journey (6)
16. Figure (6)
17. Away (5)
20. Skill (3)

Last week's solutions:
CRYPTIC Across 1 Hostile act 7 Abider 8 Frantic 10 Knock-out 11 Area, 15 Absent, 18 Ambrid 17 Tear 19 Harlem 21 Regatta; 22 Liege 23 Better half Down 1 Hydro Striking 3 Infus, 4 Extern, 5 Caterer 6 Taskmaster 9 Challenger 12 Umbrella, 14 Spangle 16 Impair 18 Sheet 20 Slat. QUICK Across 1 Similitude, 7 Clear 8 Support 10 Overseer 11 Heart 13 Nectar 15 Grave 17 Arid 18 Tobogan 21 Tiptoed; 22 Aimed, 23 Ingredient. Down 1 Elders, 2 Machemaln, 3 Lesser, 4 Type, 5 Obscene 6 Accountant 9 Tenderness 12 Amegats 19 Cropter 18 Sordid 19 Guilt; 20 Four

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions:

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions: > From top to bottom: Simple, Intermediate, Difficult

Simple

	2	9		6		7		
1					7		9	6
	8	8	2	9	4			
		6		5		4		1
	3		7		6		2	
8				3		5		
	1		8	7	3	9	4	
9					5			2
		4				6	7	

Intermediate

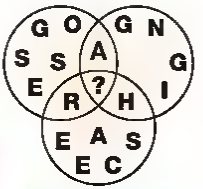
		6			8			7
2			5	7		1		
	1				9		4	
		1		8			9	2
	8			6		7	1	
9	5			3				
	2		7				3	1
		8		5	3			6
7			8			2		

Difficult

		7	3		8	4		
4	8						1	5
	7			8			4	
		9	2		4	6		
	6			7			3	
1	2						8	9
		6	8		5	2		

Circlegram

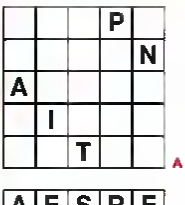
Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions:
The letter represented by the question mark is U. Schumann, Bruckner, Sibelius, all composers of the romantic era.

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off



A

B

Last week's solutions:
Gifts, Islet, Flare, Terse, Steed

"Don't know how it works but it does, it's amazing"
Simon B

Good Night Ring

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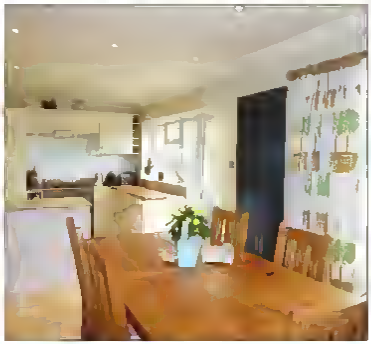

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CRAIGWEIL PRIVATE ESTATE £465,000

A detached cottage style house situated in a cul de-sac of the private estate just 300 yards from the private beach G.F.H. u.P.V.C. dglazing, triple aspect lounge good sized dining room fitted kitchen with separate utility room cloakroom four bedrooms (one with walkin wardrobe/ storage area) bathroom garage and delightful mature gardens EPC rating is E

ALDWICK BAY ESTATE £670,000

A spacious detached house situated in quiet cul-de sac of private marine estate within 100 yards of the private beach The current owners have carried out a comprehensive programme of extension and modernisation G.F.H. u.P.V.C. double glazing fascias & soffits cavity wall insulation cloakrm lounge dining rm sitting rm kit/breakfast rm master bedrm with en suite bathrm four further bedrms. second bathrm.. shower rm. conservy. integral garage and gardens including a secluded courtyard garden with heated swimming pool EPC rating is D

ALDWICK £625,000

A spacious three bedroom detached bungalow situated on the beach front of a private marine estate Built-in the 1970's and requiring modernisation and some refurbishment, majority double glazed gas central heating u.P.V.C. fascias/soffits large open plan living area, good sized kitchen/breakfast room utility room master bedroom with an suite shower room two further bedrooms, bathroom, double garage South facing garden with direct beach access SUPERB SEA VIEWS. EPC rating is E

ALDWICK £455,000

An exceptional five bedroom detached house situated in a cul-de-sac of just four similar properties located within half a mile of shopping facilities at Rose Green & a little over half a mile to the beach G.F.H., u.P.V.C. double glazing cloakroom a dual aspect living room with feature Art Deco style cabinets a superb kitchen/dining room fitted with an extensive range of handbuilt solid Beech units and an imaginative display/storage unit in the style of a castle good sized utility rm fitted with matching handbuilt furniture gr fl bedrm master bedrm with extensive handbuilt furniture & en suite shower rm, bedrm two 2 further bedrms, bathrm double garage & landscaped gardens including a South Westerly rear EPC Rating D

ALDWICK BAY ESTATE £389,500

A detached chalet house situated in the Aldwick Bay private marine estate around 200 yards from the private beach This specification which would benefit from some modernisation includes g.f.h., u.P.V.C. double glazing, fitted carpets a spacious entrance hall, a cloakroom, a dual aspect living room, a double glazed conservatory, a ground floor bedroom/dining room a kitchen/breakfast room, two good sized first floor bedrooms,a large bathroom, an integral garage and West facing rear garden ENERGY RATING D

ALDWICK £385,000

An extended and refurbished individual four bedroom family house situated on a corner plot within a quarter of a mile of shops, around half a mile from schools and the beach G.F.H., u.P.V.C. dble glazing, u.P.V.C fascias, cloakroom, dual aspect lounge, dual aspect family room, dual aspect kit/dining room, en suite shower room, sep. bathroom, detached garage and South Westerly rear garden. EPC RATING C

ALDWICK £325,000

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach gas central heating u.P.V.C. double glazed carpets, cloakroom lounge dining room with library area South facing balcony kitchen master bedroom with an suite bathroom and dressing area second bathroom garage UNOBSTRUCTED SEA VIEWS EPC rating is C

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Shedding some light on solar panels

SOLAR PANELS may help cut electricity bills, but with more households choosing to install the renewable energy technology, a number of issues are now arising when home owners come to sell. According to Matthew Gray, property director at Pagan Osborne, transferring contracts can be problematic.

In particular, he warns that the system of renting a roof to an energy company can be a barrier to a successful sale.

He said: "With increasing fuel prices, many householders are looking at solar panels as a way in which to save money. They offer the prospect of generating electricity and some extra income through selling the surplus back to the National Grid, under the Feed-in Tariff system. And in many ways, solar panels should be a strong selling feature when a home goes on the market.

"However, problems are occurring if and when a seller has leased their roof to the solar panel company. Many companies will fit the solar panels free of charge in exchange for the rights to sell the excess power back to the National Grid. The companies involved effectively rent the roof for 25 years and while this is not necessarily a problem for a householder who intends to stay in the house, if they are selling it makes things difficult for potential buyers.

"Getting out of these contracts can prove costly but more importantly, mortgage lenders are not always willing to fund the purchase of a property which is subject to such an arrangement.

"For potential buyers, a solicitor will be able to check the background to the solar panels, but for householders thinking about installing, they should consider whether they may be trying to sell their property in the future and what implications this may have."

Solar panels are becoming more commonplace and last year, the UK government estimated that by 2020, nearly four million homes across the UK will be powered by the sun.

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Told through captivating song, riveting drama and stunning choreography, the auditionees describe the events that have shaped their lives and their decisions to become dancers. Based on true stories, Now for the first time since its award-winning London season premiered in 1975, the original creators join forces to bring this legendary musical to the world-famous London Palladium. Boasting such classics as 'One (Singular Sensation)', 'What I Did For Love' and 'At The Ballet', A Chorus Line is an iconic musical masterpiece that should not be missed.

Seats in the Royal Circle for the 1500hrs matinee

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton

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Craig Revel Horwood's brand new show, Strictly Confidential will give theatre audiences the chance to get up close and personal with the stars. Starring Lisa Riley, Artem Chigvintsev, Natalie Lowe and Ian Waite, Strictly Confidential will take fans on an epic journey told through music, song and breathtaking dance routines. Learn secrets about Lisa, Ian, Artem & Natalie in this frank & revealing autobiographical dance spectacular and share the milestone moments in each of their careers, told magnificently in song and dance.

Seats in the Stalls for the matinee performance

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton

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Belfast and Bristol are most congested cities in UK

MOVE OVER London, motorists in Bristol and Belfast now face the slowest moving traffic in Britain, according to detailed new figures.

And even the capital's famous rush hour is less congested than peak time jams in cities like Manchester and Nottingham, the annual global traffic figures found.

The 2012 Congestion Index from sat nav firm TomTom shows that the average journey for drivers in Belfast takes 32.1 per cent longer than it would do if traffic moved freely.

And in Bristol, journeys take 31 per cent longer.

London is only third on the overall list where the congestion charge has helped improve speeds so that a typical journey takes 27.5 per cent longer than it ought.

But that is nothing compared to rush hour speeds said TomTom which bases its annual report on an incredible five BILLION pieces of data fed to it every day.

In Belfast, traffic crawls along so slowly that a peak time journey takes a mind numbing 71-72 per cent longer than a normal trip.

In Bristol it is 56 per cent longer in the mornings but a frustrating 64 per cent slower in the evening. In other words, a journey that should take an hour takes 95 minutes.

London's morning rush hour is 56 per cent longer and its evening traffic flows are 55 per cent worse, but that's a better journey than those in Leeds/Bradford and Manchester for instance.

However, for any British drivers thinking they have it bad, be thankful you are not trying to commute in the Russian or Turkish capitals.

TomTom's data from 161 cities worldwide throughout 2012 shows Moscow motorists have the worst traffic jams on the planet.

The average journey is a painstaking 66 per cent slower than it should be, in Istanbul it is 55 per cent and in Warsaw, 42 per cent.

Marseille, Palermo, Paris, Rome Stuttgart, Sydney and Los Angeles are all worse for drivers than anywhere in Britain...

according to the TomTom Congestion Index.

The figures are regularly used to help local authorities plan their transport policy said the firm's head of traffic, Rolf Peter Schafer.

He said "This detailed knowledge of the entire road network, helps businesses and governments make more informed decisions about how best to tackle and avoid congestion.

Our traffic database contains over six trillion data measurements. This helps us determine which routes are the least busy and what times of day are best.

To view the Congestion Index report, go to tomtom.com/congestionindex.

Britain's most congested roads. Figures show how much longer average journey time is compared to free flowing traffic.

City - How much longer is average journey?

Belfast 32.1%
Bristol 31.0%
London 27.5%
Leeds/Bradford 26.2%
Nottingham 24.4%
Manchester 24.2%
Sheffield 23.0%
Birmingham 21.6%
Liverpool 21.4%
Newcastle 20.9%
Glasgow 18.3%

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Football

Success for girls and ladies football

[illegible] the young girls since the project started

JUST UNDER one year ago Chichester City Ladies manager Matt Wright launched a project with the aim of promoting playing opportunities for young females in the local area. From this, a hugely successful Saturday club has been developed.

Girls aged 6 to 14 attend Chichester College every Saturday morning from 10am to 11.30am to play and be coached by senior players from Chichester City Ladies. The second aim of the project was to allow the volunteer coaches an opportunity to gain their FA coaching badges.

Both Laurea Ellis and Georgia Selby have been coaching the young girls since the project started and recently undertook and successfully passed their FA Level Two qualification.

Georgia said: "I believe that the level 2 has provided me with a great influx of knowledge to help the kids develop into the best footballers they can be and has provided me with more confidence in my ability to coach at a high level in a wider range of sessions."

The club also has five female coaches going onto the FA Level One course over the next two months. Matt Wright stated: "The girls club has been fantastic for all of the young players that have attended, we are also starting to see the benefit for the coaches who have volunteered their time.

The Saturday club continues to seek new female players and coaches to be part of this exciting project. For more details contact Matt Wright matt.wright@chichester.ac.uk

University to host blind football event

THE UNIVERSITY of Chichester is to host a free blind football taster event on Saturday 20th April, from 10am to 12pm.

The focus of the event, which is supported by Chichester District Council, is to create a safe environment in which blind and partially-sighted people can take part in this popular team sport.

FA Blind Footballer coaches will run the event, and participants will benefit from small-group coaching before taking part in an informal, confidence building game.

Before play begins, there will be orientation of the pitch area and equipment, which will precede the coaching. There will be junior and senior sessions and there will be a viewing area for parents, guardians and those supporting participants.

The taster event will take place in the Indoor Sports Dome on the University's Bishop Otter Campus. The event is organised by Senior Lecturer Daniel Potter and Perry Northeast, of the University's Sports Activity and Research Centre (SARC).

Perry says: "Blind football managed to get great exposure from the recent Paralympic Games and we feel this day will give players of all ages and abilities a chance to play in a safe and controlled environment, whether they are a novice to the sport or have some previous experience.

"Both players and coaches will have an opportunity to learn and, hopefully, open up new pathways which perhaps weren't as readily available as they are now.

"We realise how important it is to give people with a disability an entry route into sport and welcome anyone who wants to give the sport a try."

TICKETS AVAILABLE!
Albion v Wolves
Saturday 4th May, 12.45pm kick-off
Call the Albion ticketline on 0844 327 1901
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Tickets also available at the Amex ticket office or from the club shop in Queens Road, Brighton

npower CHAMPIONSHIP

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PAGHAM	38	24	4	10	84	50	34	76
PEACEHAVEN & TELS.	34	22	9	3	94	29	65	75
REDHILL	36	23	6	7	83	41	42	75
RYE UNITED	34	20	9	5	95	47	48	69
EAST PRESTON	32	20	8	4	83	36	47	68
RINGMER	39	20	8	11	73	58	15	68
LINGFIELD	36	20	4	12	88	73	15	64
HASSOCKS	38	18	6	13	89	60	29	63
EAST GRINSTEAD TOWN	38	19	5	14	93	61	32	62
ST FRANCIS RANGERS	37	17	7	13	74	63	11	58
HORSHAM YMCA	36	16	5	15	88	67	21	53
LANCING	37	14	7	16	77	67	10	49
HAILSHAM TOWN	33	15	2	16	64	67	-3	47
SIDLEY UNITED	36	12	7	17	63	71	-8	43
ARUNDEL	36	12	7	17	51	76	-25	43
SELSEY	37	10	10	17	49	69	-20	40
DORKING WANDERERS	37	10	9	18	59	74	-15	39
CROWBOROUGH ATHLETIC	36	12	3	21	60	92	-32	39
SHOREHAM	36	11	4	21	50	97	-38	37
CHICHESTER CITY	37	10	5	22	54	94	-40	35
AFC UCKFIELD	36	3	3	30	30	127	-88	12
WORTHING UNITED	37	2	6	29	38	138	-100	12

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
LITTLEHAMPTON TOWN	30	23	4	3	83	22	61	73
NEWHAVEN	30	21	4	5	84	44	40	67
EASTBOURNE UNITED AFC	31	19	4	8	92	60	32	61
LITTLE COMMON	29	17	4	8	83	38	45	55
ROADBRIDGE HEATH	32	16	4	12	77	57	20	52
MIDHURST & EASEBOURNE	29	13	8	8	72	57	15	47
MILE OAK	32	13	8	11	60	55	5	47
WESTFIELD	29	13	7	9	58	51	7	46
STEYNING TOWN	31	13	6	12	67	57	10	45
LOXWOOD	29	13	6	10	51	46	5	45
STORRINGTON	32	11	7	14	47	64	-17	40
SEXHILL UNITED	30	10	9	11	61	66	-5	39
SEAFORD TOWN	30	10	6	14	50	58	-8	36
SOUTHWICK	30	8	4	18	51	70	-19	28
WICK	30	7	6	17	41	65	-24	27
OAKWOOD	29	7	5	17	52	78	-27	26
RUSTINGTON	30	6	6	18	47	75	-28	24
SALTDEAN UNITED	31	2	2	27	35	147	-112	8

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	28	14	3	1	64	21	43	45
BARNHAM	28	12	2	5	63	26	37	38
HAYWARDS HEATH TOWN	16	11	4	1	44	12	32	37
BILLINGSHURST	16	10	3	3	42	20	22	33
CLYMPING	16	8	4	7	31	27	4	28
PERRING	20	8	6	6	46	44	2	*27
ROFFEY	17	6	3	8	30	36	-6	21
UCKFIELD TOWN	27	5	4	8	29	40	-11	18
HURSTPIERPOINT	28	4	4	10	18	32	-14	16
IFIELD	28	4	3	11	25	40	14	15
TD SHIPLEY	16	3	2	14	14	61	47	11
ROTTINGDEAN VILLAGE	29	3	2	14	22	70	-48	11

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